

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

Inside This Issue

Topic: Living the Steps

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Newsletter Editor: John O.

Proofreaders: Gwennie R.,
Connie D.

Tech Support; Pat H., Dist. 2

Northern Hi Lights

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

Hello NYN,

On Saturday, November seventh, I traveled to District 9 with two Alateen members and our Alateen Coordinator to participate in the HMB Convention (an AA Convention with Al-Anon Participation).

The teens shared their stories and how Alateen helps them. Alateen Coordinator Walt S. and I spoke on a panel about Service, and how this works in our lives. District 2 DR Tim G., from Buffalo, led the panels and did a great job. He also shared his Al-Anon story.

We enjoyed meeting members from the district, and hope to see some of them at our Assembly in Albany.

On Saturday November 14, I traveled to District 6 in Utica as they shared their plan to reactivate their district, and to hold elections. They talked about the personal benefits to themselves and their groups of having an active district. I was grateful for the invitation to participate, and I am looking forward to witnessing their progress.

(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@nynafq.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.nynafq.com

WSO: www.al-anon.alateen.org

(Delegate continued from page 1)

I would also like to share that I received a post from Board of Trustee's Treasurer Jennie M., giving some suggestions that areas or groups might use to increase their contributions to help WSO with their financial situation:

- Encourage the Area to make a onetime donation to WSO
- Encourage groups to make the appeal letter message *more appealing*: read it with enthusiasm, always explain the purpose of the letter to newcomers.
- Encourage District and Area to make contributions based on funds exceeding their ample reserves after events.
- Continue to circulate in the Area an extra container each week for individual members to contribute directly to the WSO (Quarterly Appeal called "Quarter for Quarter") [Lighten your load by putting your change in the Q4Q container \(this can be done on a group level also\).](#)
- Consider going to different groups and asking them outright to increase their contributions from "what they can afford" and to consider a contribution based on "what gratitude they have in their hearts." Stress that the Higher Power will provide, and that living by a spiritual principle is a long-term solution, not a temporary fix like passing the basket a second time.
- Dedicate collections made in November to WSO
- Emphasize spiritual abundance along with doing service as our way of giving back; the financial abundance and/or increased contributions/donations will follow.
- **Challenge groups to contribute \$250.00 to cover the cost of the group**
- Together we can make it!

Diane C.

Immediate Past Delegate

Dear NYN Friends,

I want to let you all know that the application for the New York State Fair 2016 has been mailed. I did request that the booth be located in the Science & Industry building rather than the Arts & Home building. I was told that they would not guarantee that location but it will be considered. Keep your fingers crossed.

This month's theme is "Living the 12 Steps." Since this theme was announced I have been thinking a lot about it. Do I really live them? Are the Steps part of my everyday life,? Do I look to the Steps in times of trouble and also in times of happiness?

Last week at a newcomer's meeting, when it came my turn to share one of the first things out of my mouth was; "Al-Anon has given me the 12 Steps. I live my life daily with the help of these Steps."

As I said those words it hit me that I do that. I could answer yes to all my questions. I live the first 3 daily. I am powerless and when I think I'm not my life does become unmanageable. I do believe in a Higher Power who can help me remember that I am powerless. I know that when I turn my life over to the care of my Higher Power life is so much better.

The other 9 Steps are also a part of my life. Each comes to me as the need arises. Looking at my actions, assessing their purpose and consequences are based on these steps. Taking that daily inventory and acting according to the results of that inventory.

I try very hard to not only talk with my Higher Power but also to listen to my Higher Power. I need that guidance and assurance to keep me on an even keel.

Because of the 12 Steps and their presence in my life, I am able to practice them in all my affairs.

Gratefully in Service,

Ruth S.

Area Chairperson

Hello NYN,

The last few months have been busy for our district, with recruiting speakers for the HMB AA Convention held in Oneonta. We had some great Al-Anon and Alateen speakers who shared good program with those who attended. Now it's time to look ahead to the next task – our AWSC meeting in April. With the help of our past delegate, Ruth S., we have a location - North Syracuse Education Association (NSEA) 210 South Main Street, North Syracuse 13212. We will meet there on Saturday, April 2, 2016 at 11:00 am for breakout meetings and at 12 noon for the AWSC meeting. Those officers and coordinators who would like to have a small group meeting, please let me know who the members of your group are and how much time you may need so I can schedule the meetings without too many conflicts.

Our topic for this month is "Living the Steps." One of my favorites. It was not always that way. In fact when I read in our *One Day at a Time* to hold our problems up to the light of the Twelve Steps, I asked another member who started attending meetings about six months before I did, what did that phrase mean? She didn't know either, so as I studied and began working the Steps, I began to get a sense of its meaning. Since then, living the Steps has been a regular part of my program.

At our district's first day of sharing in 2014, I presented a workshop on how I use the Steps in my day-to-day life. When I'm feeling upset about something, it alerts me that I need to turn to the Steps because I'm trying to control something that I'm really powerless over. And sanity means absence of upset feelings. Then I ask myself, "What is MY will in this situation?" and I turn it over to my higher power. Next I ask myself my Fourth Step question: "What am I telling myself that's causing me to feel this way?" The answer leads me to find a good listener, delegate the removal of the upset feelings to my higher power, and make amends to myself, my family, and others as needed.

The last three Steps work as maintenance and insurance steps for me. I attend meetings regularly, maintain daily contact with my higher power, and stay active in service. In addition, I always encourage those I sponsor to use the Steps to resolve those daily petty irritations that cause us so much angst. It's so much simpler than holding on to them and letting them build up in my mind until something triggers a major meltdown.

Love In Service,

Susan A.

Area Secretary

Hello NYN,

Living the Steps sounds simple doesn't it? Try doing it. It's not a change that comes easily for me. Using or living the Steps in day to day life was a different approach to life for me that happened as a result of attending many Al-Anon meetings and deciding that maybe giving the steps a try would be a good idea as they appeared to be the key to the program and possibly my welfare.

I never thought about being powerless over anything, let alone alcohol. Never in a million years was I willing to say my life was unmanageable. If I did say it, it was because someone else was making it unmanageable, it wasn't me. People told me for a long time that a "Power Greater than Myself" could help me feel better if I kept praying. I didn't see how that could work. I tried to understand the concept and got nowhere. You see, I was praying for my solutions and what I wanted the outcome to be. I wasn't asking for help and letting the Higher Power figure out what the help would be. Finally I realized I could decide to give my Higher Power a try. That searching and fearless moral inventory is a scary thing to do and then telling another human being the exact nature of my wrongs seemed even scarier. Thoughts in my head always said; "What will they think of me?? Once I realized I had some good things going on with me and some defects of character that I needed to get rid of I figured out my Higher Power could help if I just asked him to help me get rid of

the things that weren't needed and useful anymore. I chose to leave the decision to him.

Sometimes it's easier to change my ways instead of going back and opening old wounds for all involved. I really try hard to live Step Ten throughout each and every day, making a real effort to improve and change going forward. Step Eleven is difficult for me. It's hard for me to keep my mind from wandering, so it requires lots of faith and trust. For me, Step Twelve is about realizing there's a different way to live. It can be achieved by working the Steps, through Service, and making a conscious effort on my part to become a better person.

Living the steps is an ongoing way of life. The steps might not be the quickest way to get to where you **want** to go but the quickest way to get where you **need** to be with the help of your Higher Power. Living the Steps takes practice. I think I'll continue practicing and take the time to stop and think, "Okay, what step can help me with this situation?" It's progress not perfection, right?

Together we can make it.

Pam A.

Group Records Coordinator

I had a request for information from a district that is trying to get all their groups back in touch and participating in their district. This is exciting. Unfortunately, the person requesting did not have Excel, so this created a bit of a project for me, but all part of the job. I love being of service for this type of request. In my opinion, the best way to be successful as an area is to have communication and participation, so all are informed as to various issues, which provides for constructive discussion and a well-rounded solution to all ideas.

Our topic this month is "Living the Steps." I must say that I don't work the Steps well all the time, but I am a work in progress. I am reminded of the statement, Practice makes Progress and then our slogan "Progress Not Perfection." I am confident

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that I am powerless over all but myself. I believe in a Higher Power. I take all the rest of the Steps as they come up in my daily life. I know I need to put a more concerted effort into working these powerful Steps in my life.

Love in Service,

Lynda S.

Public Outreach Coordinator

Happy Holidays everyone,

Here I am at my computer, on this beautiful sunny day in November, realizing that our next *Northern Hi Lights* issue will be in February, 2016. So, please be aware that the deadline for the second printing of "Al-Anon Faces Alcoholism 2016" is Wednesday, February 3rd, 2016. The order form is available on the members' website.

Yesterday, at our District's Day of Sharing, we showed the DVD, "Lois's Story" (AV-1). I really enjoyed watching and listening to Lois share what it was like for her living with active alcoholism for 17 years, and then what life was like with the beginning of Bill's sobriety and the start of AA and Al-Anon. I had read Lois's story before but hearing Lois share gave me a deeper sense of her courage and strength.

For more information, or to rent this DVD, download the S-35 order form from the Al-Anon On-line Store, al-anon.org/members/pdf/S35.pdf, and mail or fax it to the WSO. This information is in the November 2015 *Forum* magazine on page 20. I am on the Website Committee for NYN and working with Ruth S. on what we would like to see regarding "For Professionals" on our website. While visiting the WSO's website I came across *eNews for Professionals*. I didn't know that this was available. If you go to the WSO website, you can click on "For Professionals" and scroll down to the bottom of the page. The topic for November is "Al-Anon attracts A.A. members who find they, too, need support with their relationships to alcoholics." Check it out!

In the Rochester area we had two outreach events in the past month. One included a visit by a few Al-Anon members to a men's recovery house. The program that evening was for friends and families of men in recovery. Our members shared their experiences and brought along Al-Anon pamphlets (AFA's "Al-Anon Faces Alcoholism—2016") and meeting lists.

The second event was at a local high school where the topic was awareness of the dangers of alcohol and drug addiction. A variety of professionals, substance abuse counselors, and Al-Anon members from the Rochester area were present. Brian O., our Rochester Public Outreach Coordinator, Ann T., our District 14 Rep, along with other members from our fellowship answered questions and handed out literature.

Maria from District 8, Albany area, continues her effort contacting TV stations. WRGB6, Schenectady, received the PSA and said that it is now in rotation.

Please keep me posted as to what is happening in your area at po@nynafg.com

Our topic for this month is "Living the 12 Steps." My first response is "I try." I've given this a lot of thought, but for now, what I have to say is the old reliable "Actions speak louder than words."

Happy New Year! I look forward to our continued work together in 2016.

Together we can make a difference.

Pat H.

Archives Coordinator

There's not much going on with the Archives. I'm trying to think of something to pull together for the Spring 2016 Convention/Assembly. Since I am Co-Chair of the Spring Convention, my time has been focused on that, so I'm looking for something simple, yet interesting. There are some old photos in the archives, so they may make a good display. If you happen to have any photos from NYN events, feel free to email them to me.

This month's topic is "Living the Steps." I am finding that I use several of the Steps quite often in life. In working the Steps, my sponsor had me write my own Third Step prayer. At the time I didn't see the power in it, but it is the one thing I now use daily. It helps to remind me that I am not in control and my Higher Power is. My Fifth Step shows up often too. When I start getting that icky feeling in my stomach, I know my self-will is trying to take over, and my Fifth Step helps me figure out what is causing that. Early in my recovery the Tenth Step was incredibly powerful. I would journal about my day. That really started to show my patterns and

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when my self-will was in control. Now-a-days I don't journal as much, but I still think about my day and whether I acted like the man I want to be. I don't do the Eleventh Step daily, but if I am struggling with a decision or an issue, I spend time saying my Third Step Prayer and listening for guidance from my HP. Early on, I forced myself to do these things. It didn't come naturally. Now I can say when things arise, I don't consciously think about doing these Steps, it just seems to happen. It's my new habit now.

Yours in Service,

Kevin M.

Alternate Delegate

Hello NYN,

Since January 2015, I have welcomed 14 new groups to our Area.

In the November 2015 *Forum* there is an especially great selection of articles that demonstrate how living the Steps changes our lives. Just for example, there is an article on the theme of the World Service Conference, "Living Our Spiritual Principles: Expanding Our Vision;" an article on how a tent card on the table at an Al-Anon meeting made a newcomer feel welcome: (the newest tent card, *Al-Anon Focus/Declaration Table Card (S-24)*, asks us to keep the focus on the Al-Anon program and leave other affiliations outside); an article explaining the power of the WSO Quarterly Appeal Letter sent to groups to give each individual the opportunity to participate with a personal donation; an article each on Step Eleven, Tradition Eleven, and Concept Eleven, giving us examples of how these apply to our own lives; and two great articles, that could be used to explain how Al-Anon works to newcomers, that are reprintable in our newsletters or websites as long as a credit line is used.

Please take a look at *The Forum* and use it in your meetings. You may be surprised how much is there!

I like the wording of John's topic of the month, "Living the Steps." Somehow, that feels different

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than "Working the Steps," as I've often heard it expressed. I can 'work the Steps' periodically, but 'living the Steps' requires that I apply them every day to every part of my life. Living the Steps requires turning my will over to my HP every moment of my life where I begin to feel uncomfortable. Living the Steps begins with reading the Al-Anon literature, attending meetings, having a sponsor, calling members in between meetings, and doing service work, but in the end, Living the Steps means nothing less than being willing to change my life.

Gwenne R.**Treasurer's Report**

Greetings to my NYN Family!!

I can't help but be very, very, very grateful this time of year to each and every one of you!!

Since the November Newsletter, the following donations have been received:

Keep It Simple	Gr#66096	\$30.00
District 10		100.00
Hudson Falls Thurs	Gr#9815	30.00
Simple Beginnings	Gr#44964	35.00
Tuesday	Gr#66230	15.00
Mon Chittenango	Gr#9677	20.00
Wed Morn Steps	Gr#9612	15.00
Weekend 9 AM	Gr#32895	150.93
Queensbury AFG	Gr#9765	30.00
Expernce Strgth Hope	Gr#44775	50.00
Jamestown	Gr#9830	60.00
Hope Mon	Gr#30582963	20.00
Faith & Hope	Gr#30375	10.00
We Are Not Alone	Gr#38151	67.00
Search for Seren	Gr#6073	25.00
Return Fall 2015 Conv. Seed Money		1000.00
Concord	Gr#62569	25.00
Bolivar Discussion	Gr#502378	15.00
Faith	Gr#9679	40.00
Spiritual Awakening	Gr#27134	25.00
Jamestown Tues Noon	Gr#65578	150.00
District 19	n/a	75.00

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Serenity on Sat	Gr#64625 50.00
Evening Serenity	Gr#967 30.00
Amherst	Gr#9577 80.00
Serenity Seekers	Gr#501783 20.00
Hope for Today	Gr#53134 40.00
Circle of Hope	Gr#54280 24.19
Serenity Seekers	Gr#30646347 25.00

Way to go, NYN!! Thank you ALL for your donations!! If you cannot find your group's donation, please ask your Treasurer to be SURE to include your Group Name on the check or money order, along with your group ID #. Thank you!!

There was one paid subscription for NHL this past period of time.

The following expenses have been paid since the November Newsletter:

Susan A	\$ 201.20
John O	17.00
Walt S	58.21

Current Balances are as follows:

Checking Account	\$11,423.94
Reserve Account	\$ 8,822.90
Sage Rutty Mut Fund	\$ 2,656.10

This month's topic is "Living the Steps." I think the operative word here is "LIVING." It took me quite a few 24 hours in the rooms before I felt familiar enough with the steps to be comfortable reading and saying them. HOWEVER, in keeping coming back, it quite unexpectedly became "LIVING" the Steps; the change so subtle and unassuming, but OH! SUCH a difference in attitude, along with lots of peace and serenity. And that is what "LIVING" the Steps means to me...that the Steps become my way of life and help me in every aspect of my life. I am so VERY thankful for the tools of this program!!

Love and thanks to you all and wishes for a wonderful holiday season!!

Hugs,

Linda A.

December 2015

Newsletter Editor

Hello NYN,

This issue finishes out my first year as editor, and it has been a ride. Three issues had to be corrected and re-sent, and seven were okay. That's a passing grade of 70%, right?

It would have been impossible without my proofreaders and my safety net, Pat H. of District 2, who cleans up the mess I send her, and makes it presentable.

This is a job I'd wanted since doing the newsletter for Rochester AIS, probably in 1992. I hoped that I would someday have enough recovery to take it on. The time arrived, but I wasn't going to the Fall Convention, where elections were held.

When I finally was, no one wanted the job. I thought it's now or never, and stood up, with a bullfrog in my throat.

I plan to keep volunteering in Al-Anon, although I'm not a spring chicken, and hope others step up and benefit, as I have, from service.

I'm not here for the Hell of it. This is how I strive for serenity, and it seems to be working, most of the time.

I picked the topic *Living the Steps* because they seem to be working for me. My recovery is fragile. That is why I keep coming back, and also why I volunteer for service, over and over.

I don't want to go back to the old way of living, before Al-Anon. The Steps are my guide, and when I don't deviate from them too much, life is better.

I want to feel good about myself. If I harm someone else, and know it, I harm myself even more, and know that, too.

I want what I didn't have in the past; self-esteem. The way I achieve it is by doing esteemable things.

Being human, I sometimes hurt others, but now try to make amends sooner, and don't have to as often.

Have a happy holiday season.

John O.

Article Deadline

for January/February 2016 *Northern Hi Lights*
is January 15, 2016.

The topic is "Service Rewards"

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)

Individual Contribution Form from your bank to WSO

Instructions: Print this page, fill in completely, and mail to: AFG, Inc., Attention: Director of Business Services, 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454-5617

The banks require a signature on file so, please do not e-mail your information.

This form is for members in the US. Click here if you are looking for the Contribution form for Canada.

AUTHORIZATION AGREEMENT FOR PREAUTHORIZED CONTRIBUTIONS FROM YOUR CHECKING ACCOUNT

TO: AFG, INC.
FEDERAL TAX ID # 13-5636290

I(We) hereby authorize AFG, Inc., 1600 Corporate Landing Parkway, Virginia Beach, Virginia 23454-5617 to initiate a DEBIT entry to my(our) checking account indicated below on a monthly basis in the amount of \$ _____.

INFORMATION ABOUT YOUR BANK*

NAME OF YOUR BANK _____

BRANCH_____

CITY _____ STATE _____ ZIP _____ ACH ROUTING

_____ ACCOUNT#_____

*If possible please attach a voided check to confirm the information you are submitting.

This authorization is to remain in full force and effect until AFG, Inc. has received written notification from me (or either of us) of its termination in such a time and manner to afford AFG, Inc. and the bank a reasonable opportunity to act on it.

YOUR NAME(S)_____

YOUR SIGNATURE(S)_____ DATE_____

TO INSURE PROPER RECORDING, PLEASE INCLUDE THE FOLLOWING

YOUR AFG IDENTIFICATION # (if available) _____

YOUR TELEPHONE # (_____) _____

If you have any questions or require assistance please call us at 757-563-1600. Our Customer Service department will be pleased to assist you.

SAVE THE DATE!

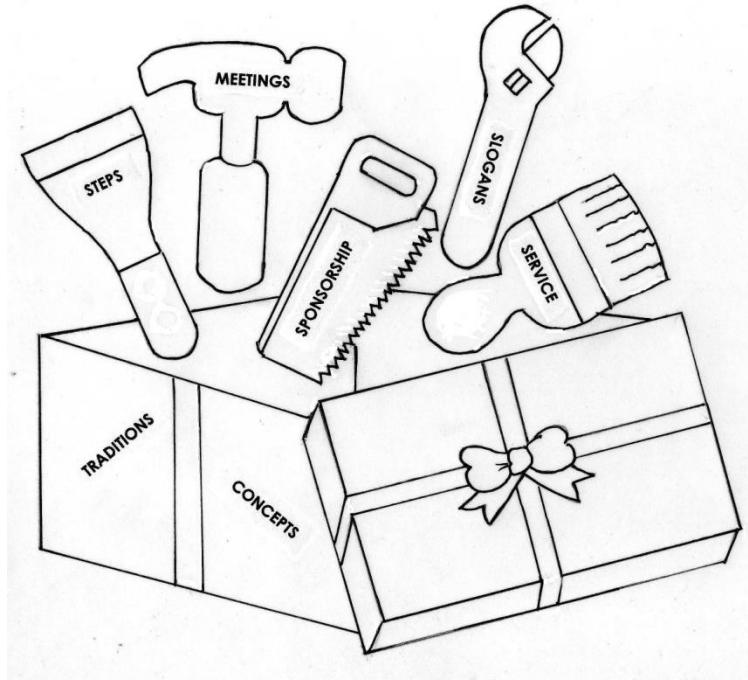
**Friday May 13 – Sunday May 15, 2016
at the Desmond, Albany, New York**

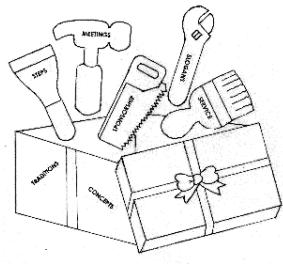


2016 Spring Convention

~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: _____

Registration fees:	On or before 04/15/16	After 04/15/16
--------------------	--------------------------	-------------------

Address: _____

<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

City, State, Zip: _____

Phone Number (with area code): _____

Email: _____

Donations:

Are you a: New GR New DR

Hospitality Room \$ _____

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

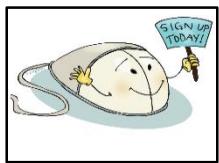
Total Enclosed: \$ _____

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

Make checks payable to NYN Spring 2016 Convention

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. altdelgate@nynafg.com	<u>Immed.Past Delegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> SusanA. hairperson@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 M. 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

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, 68
 Boulderwood Drive, Queensbury, NY 12804, or Email: records@nynafg.com

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