

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

Inside This Issue

Topic: How important is Alateen?

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Northern Hi Lights

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

Hello NYN,

It was with great pleasure that I was able to travel to Clayton, New York to visit with members of District 4. This was one of the districts that we have not seen at assemblies in a long time. I am happy to report that the groups are thriving and carrying the message even though some groups are small. They are actively recruiting someone to run for District Representative and to have a Group Representative for each group. I wish them well, and thank them for their hospitality. I have communicated also with a group contact person from Corning, and it is hoped that this district will be able to have a district meeting. I will see if it can be done by phone.

I am working on my Task Force assignment which is: "Spirituality in District Money Discussions." I have taken part in three conference calls in the last couple of months, and we are close to finishing, and sending our report to the Board of Trustees by December 3rd. We will present it at the 2017 World Service Conference. After that, I would like to present it to either the Assembly, ASWC or send it out to you in a future article. A letter from the World Service Board of Trustees October meeting is on page 8. The complete letter will be on the member's webpage under the Board of Trustees Tab soon.
(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

The theme of this month's *Northern Hi Lights* article was to share on; "How Important is Alateen." From the perspective of the New York North Delegate, I can say it is very important to the children of members who attend Al-Anon. When the whole family is in recovery they can live in peace and harmony. For those whose families do not have their teens attend Alateen, we see that it is a struggle, but there is hope as we have our program to help us.

From my personal perspective, I know what it feels like to grow up in an alcoholic home, and I know what it feels like to not know what to do, or to feel. I know that when I have attended Alateen meetings where I have been able to share (NYNAC) I have been accepted, loved and shown that I am human just as all who are present in those meetings. I have been able to work through some of those long-hidden hurts that come to the surface even now, some thirty years in recovery. Alateen is so important to our teens and to we adults, and I ask that you keep carrying the message to those families who need it.

Have a Great Holiday time and keep coming back!

Diane C.

Alternate Delegate

Hello NYN,

On November 9th, 2016 I welcomed a new group in Owls Head, NY: Malone Peace and Quiet AFG in District #26. If you are in the area stop by and visit them.

Check out *The Forum* online:

This month's *Forum* magazine contains three reprintable articles titled, "I Was Changing and I Liked It," "I Deserve to Be Happy," and "My First Al-Anon Meeting Surprised Me."

You can read them online by going to www.al-anon.alateen.org and clicking on *The Forum*. To the left of the articles you can click on questions such as, "What do Al-Anon members have to say?" and hear recordings of Al-Anon members sharing. It's awesome!

Best wishes to everyone over the holidays and looking forward to seeing everyone at the AWSC in a few months.

Gwenne R.

Public Outreach Coordinator

Hi Everyone,

"The Importance of Alateen" is our topic this month. I have never had the experience of being an Alateen group sponsor. I am, however, an Al-Anon Member Involved in Alateen Service (AMIAS), and have been in meetings where teens were present.

Alateen is important. Teens need to be with their peers, to learn from one another's experience, to have someone their own age to talk with. It's the same thing for me. Unfortunately, there are so few Alateen groups available. One teen at a meeting? It happens, and it is sad. We can, somehow, do better. As Public Outreach Coordinator for NYN, Walt, our Alateen Coordinator, and Leslie, our NYNAC Coordinator, along with group sponsors, will be having a meeting in Rochester on Saturday, December 3rd to discuss how to reach teens. For more information, or if you would like to join us, please contact Walt at www.alateen@nynafg.com.

District 29 has gone through a case, 400, of the ***Al-Anon Faces Alcoholism 2017***.

We also ordered 100 copies in Spanish and they are almost gone. **Please remember the deadline to order the second printing of "AFA 2017" is February 8th, 2017, 5 p.m. ET.** (If you have older copies of AFA's, it has been suggested by WSO that we put a label over the year, put our local information on it, and disperse these copies too.)

In light of your comments regarding our banner for the N. Y. State Fair, we composed a new one! It is full of color and easy to read from a distance. It is on page 4 of this *Northern Hi Lights*.

At our District's Day of Sharing we hung this new banner and everyone was excited by it. This has me wondering...might it be a good idea to have a banner at our Al-Anon/Alateen functions? How about at our outreach events? I haven't seen one displayed in awhile. I know seeing the new banner gave me a boost, so I thought I would mention it. Talk with your Districts and keep me posted.

Happy Holidays to you and to your families.

Together we can make a difference.

Pat H.

Alateen Coordinator

I just can't believe that 2016 is coming to a close, and that I am entering my third year of service as the Alateen Coordinator. I am working on many different things, but this month I want to focus on the importance of Alateen. Having served as a sponsor for close to fifteen years, both in Philadelphia and here in Syracuse, I have come to know how important Alateen is to our youth, to me, and to Al-Anon. So many in Al-Anon come into the program because their spouse's or siblings' drinking is affecting their life, or they realize that they are carrying the dysfunctionality of their childhood into their adult life. We have all experienced a newcomer speaking about being frustrated, beaten down, feeling hopeless, and alone. Just as our lives have been affected, so have the lives of our children and teens. They witness fights; they sometimes watch the non-alcoholic being abused and many teens themselves are abused physically, mentally and emotionally. Just as I did, many teens strive for that perfect grade, struggle to do everything correctly, so as not to upset the alcoholic. Many teens come to believe that they are a mistake and feel that there is no way out.

Newcomers to Alateen find a safe haven in the storm, a place where they come to feel that they are understood. They are given the opportunity to speak openly about the pain, guilt, shame and hurt they carry, without repercussions. Alateen members feel relief when they hear other teens share how their lives have changed since coming to the program. They learn to take control of their lives and learn that alcoholism is a disease that they did not cause, cannot control and cannot cure. They come to accept that their parent suffers from a disease, and begin to take responsibility for their choices. It's an amazing experience to watch teens and preteens grow into mature and responsible young people. If you are a parent in Al-Anon ask yourself; **Has Al-Anon helped me? – Then why wouldn't I want to give that gift to my child?**

Happy Holidays everyone,

Walt S.

Group Records Coordinator

Hello NYN,

Thanksgiving is almost upon us, and by the time this article comes out it will be close to that other family holiday. Please remember to do what you can to help those still suffering from the effects of alcoholism during this trying time for those who don't come from the "perfect family." This ties into our topic this month, the importance of Alateen. The children sometimes don't understand or know where to turn to get the help that they need. This is where adult children of alcoholics learn their role of being a victim. The cycle needs to be broken for the health of our society. Discussing how our children can advocate for themselves and obtain the resources they need to survive, is vital.

Please keep me updated with your changes. People seeking meetings are especially hurting during this time of year, and need to reach out to others in Al-Anon for an hour of peace. If your information is not correct, they cannot find us and get the help they need.

Wishing you all the best during the holidays.
Love in Service,

Lynda S.

Archives Coordinator

Hey NYN members,

I'm starting to brainstorm ideas for the Spring Convention/Assembly in Buffalo. Not sure what the NYN 50th Anniversary display will look like, but it will be something.

This month's topic is "How important is Alateen?" Throughout my recovery, I have yet to be involved with Alateen that much. I believe it is important to find recovery as early as possible and having a welcoming place for younger members to go is a way to achieve that, whether that is an Alateen meeting or a regular Al-Anon meeting. Alateen in

our district has dwindled, resulting in the closing of the Alateen meetings. We know there is a need, as a few people have asked about it, just not enough to support a full meeting. In lieu of an Alateen meeting, we suggest going to a regular Al-Anon meeting, and our groups have been very welcoming to younger members. Hopefully, they will continue to find help in Al-Anon, and with the guidance of a HP, who knows, Alateen may thrive again in our district.

Yours in Service,

Kevin M.

Area Chairperson

Hi NYN,

Not much happening here in Morris, NY or as your Chairperson. I am working with Ruth (Immediate Past Delegate) and Kevin (Archives Coordinator) on updating Assembly Polices that were voted on in 2013 and 2014. In the last newsletter, I announced the next date and time for the AWSC meeting in the spring. Please read that announcement and mark your calendars. I hope you are reading every issue of *Northern Hi Lights*. It contains important announcements of happenings in the NYN area including district events that can be attended and publicized and NYN officer and coordinator reports that might help you grow Al-Anon in your district.

Regarding the importance of Alateen, as an Alateen sponsor, I am committed to Alateen. But thinking about this topic, I wonder whether I am effectively communicating this importance to teens. How do we attract teens to Alateen? Looking from an adult perspective, posters, announcements, Facebook posts, etc. seem like the appropriate approach. Looking from a teen's perspective, however, I think these actions are missing the mark. Teens are way ahead of adults in using the latest technology, following the latest trends, and listening to the latest music. How can we attract teens from those platforms? I wish I had an answer. Perhaps at the next Alateen Conference (NYNAC), we could ask them for suggestions. In the meantime, I'll be thinking about this topic and looking for ways to make Alateen more visible to teens.

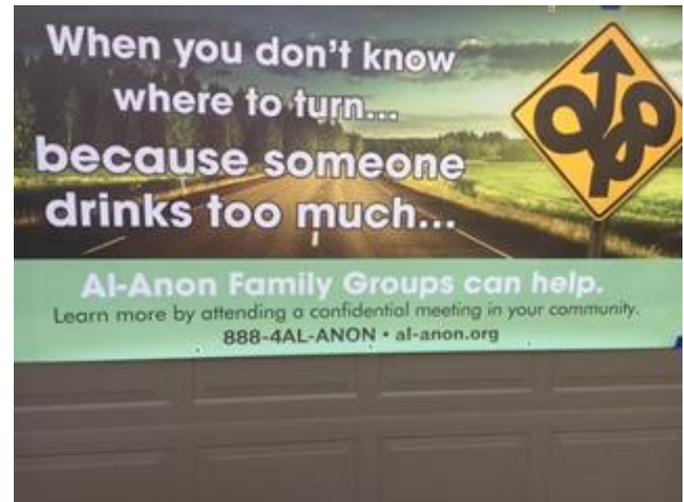
Susan A.

Northern Hi Lights Topic for
Jan/Feb 2017 issue is:

Saving Alateen

Articles are due January 15th, 2017

New Banner For Al-Anon Booth at N.Y. State Fair



Treasurer's Report

Dear NYN Family!

My wish is for each and every one of you to have a truly grateful Thanksgiving, and wonderful holidays through the end of 2016!

Since the last *NHL*, the following donations have been received in the month of October:

Group Name	Gr #	Amt
UNK	27835	25.00
UNK	9710	50.00
UNK	9612	15.00
Thurs Canandaigua	30302	19.50
Concord	62569	33.00
Live & Let Live 30516146		20.00
St Rose	54087	81.00
Friday	9828	30.00
Exp,Strength,Hope	62668	25.00
UNK	9765	30.00
Serenity Seekers	501783	10.00
Serenity at Noon	UNK	73.00
Westenders	UNK	4.50
New Baltimore	30554939	40.00
Potsdam Wed	47105	50.00
We Are Not Alone	38151	10.00
Peterboro	10188	63.00
UNK	25635	50.00
This New Day AAC	33001	25.00
Fri Nite Alive	37324	50.00
UNK	30594281	57.00
Mon Noon Canand	24271	30.00
UNK	9676	10.00
Cortland 12 & 12	65730	100.00
UNK	27134	15.00
SearchingForSeren	60736	30.00
Keep It Simple	66096	35.00
Thurs Jamestown	9830	60.00
Healing Circle	500370	77.25
Salamanca	10276	35.00

There was ONE paid subscription to *NHL* during October.

The following expenses have been paid since the last issue of *NHL*:

Walter S	\$ 102.00
AFG Inc	1000.00
Comm Bank Reserve	534.80
Ann T	79.57
NYN 2018 Spring Ass'y	1000.00

Current Balances are as follows:

Regular Checking	\$14,764.58
Reserve Account	9,750.20
Sage Ruddy Mutual Fund	2,846.26

This month's topic is the Importance of Alateen. A topic very near and dear to my heart!! Being an Alateen sponsor has been SUCH a REWARDING recovery tool for me!! The teens are so open and honest, and their sharings have helped ME so very many times!! I am so disappointed when no teens show up for our Alateen group, but I continue to be there every single week, just in case a teen DOES show up, and the amazing Alateen program can be shared with them. So many of the teens feel they are all alone and that no one else is going through what they are....it's so awful, how can there possibly be anyone else who understands?? Being there for our precious futures is a responsibility I am MORE than willing to take on!! Thanks to this wonderful program, recovery is possible for anyone willing to search for it and work it!!
Love & 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)

Immediate Past Delegate

Dear NYN Friends,

Believe it or not, today I mailed our application for the 2017 NY State Fair. The Fair is still 9 months away but things need to be done early.

We will have a new banner for the booth. It will be much more colorful, but not as busy. The committee hopes it will be more attractive.

One of the suggestions made by a number of volunteers from the fair was the need for racks to display pamphlets. WSO no longer sells them. We are hoping that there are a few meetings out there that do have racks that they are not using any longer, and would be willing to donate them for our booth at the fair. If your group has one of these racks tucked away and is willing, please contact me at ipd@nynafg.com. This would be a great help.

This month's theme is on the importance of Alateen. Personally, I remember that this is a family disease. For my family that was my spouse, my child, and I. We all got very sick together, and we all needed to find recovery together. For some of us, it took longer than for others, but each program was equally important.

Gratefully in Service,

Ruth S.

Literature Coordinator

Hi NYN,

I recently saw a couple of flyers another Literature Coordinator had designed to encourage groups to use Al-Anon books in their meetings. She suggested choosing a chapter from, for example, *Discovering Choices*, getting people to read the chapter then sharing their thoughts. I know you've heard that suggestion before, but it's a good one, so I decided to put it out there again. I have found that using any Al-Anon literature: books, pamphlets, bookmarks, etc. for a topic always results in a good meeting. There are plenty of pieces to choose from, so here's a challenge for December: sign up to chair at your meeting this month and choose a piece of Al-Anon literature for your topic. You won't regret it!

How is Alateen important? I only wish I'd had the opportunity to attend an Alateen meeting when I was a teenager. What a "boost up the ladder" that would have been for my self-esteem. I grew up in an alcoholic home and it would have been wonderfully encouraging for me to be able to talk to other kids – to see that they had the same challenges that I had. The earlier the program of Al-Anon/Alateen is started in someone's life, the better that life can become.

Nancy R.

NYNAC Coordinator

Alateen meetings are safe places for teens (and sometimes pre-teens) to sit and discuss the things that trouble them with their true peers. What is a peer? A person who belongs to the same age group or social group as someone else. The teens in Alateen often feel isolated, and that they don't belong. When they get to Alateen, connections are made with others in the room, their peers. Where else would these teens be able to go without Alateen?

Many teens find a voice in Alateen. They can speak without being interrupted. They are important. They are empowered. They gain some confidence. They learn that alcoholism is a disease. They learn that their feelings are based on living in a family with disease. They learn that there are strategies they can use to improve their situation.

The importance of Alateen? Immeasurable!

Leslie C.

Presentation Coordinator

The *Al-Anon Alateen Service Manual* advises us that firmly-established groups may want to start an Alateen group to help the younger members of the Al-Anon family. Alateens are just that: younger members of the Al-Anon family. Thus, the reasons Alateen is important are the same reasons that Al-Anon is important. (*Presentation cont. on page7*)

(*Presentaton*, continued frm page 6)

The Twelve Steps, Traditions, Concepts, Literature, and Slogans can help any person who is affected by someone else's alcoholism.

As responsible Al-Anon members, we need to pay close attention to the Traditions in every AlAnon meeting, including Alateen meetings, to make sure that each meeting is a safe place for all of the members. It is not enough just to trust that someone else will do it. We are all responsible.

Additionally, it is the duty of every Al-Anon member to ensure that adults who participate in Alateen service are properly vetted through the Area Safety and Behavioral Requirements. We don't just sign a document stating that a candidate to be an Al-Anon Member Involved in Alateen Service (AMIAS) is a safe person to be around teens. We need to think about whether what we are signing is accurate.

The official Al-Anon policy on Alateen is located on pages 87-90 of the *2014-2017 Al-Anon Alateen Service Manual*. It behooves each member to read it, and think about what we can do to ensure the safety and longevity of Alateen.

In Service,

Sarah R.

Newsletter Editor

I chose this topic because I believe Alateen is indispensable. Early on in my program, I spent over three years as an Alateen sponsor. All I was capable of doing was to show up every week, and ensure it was a safe place.

What I witnessed was teens being accepted by their peers, no matter what they had to share, which was exactly what they needed. I can't think of another safe place where they could have felt that acceptance when sharing their secrets. They didn't want my acceptance, or that of probably any adult.

A professional dropped off teens from a group home. Since they lived together, they had no anonymity, so just sat there. Since no one felt safe to speak, the meeting died.

John O.

Convention Coordinator

Plan to attend the Spring Assembly/Convention May 19-21, 2017 and join in the "Celebrating the Golden Years"... Fifty years of New York North Al-Anon. No, I was not there. In fact, I had never heard the word Al-Anon until 27 years later. But I am so grateful for all the folks that were here in New York, and kept serving, and kept the doors of Al-Anon open for all of us to walk into "Peace and Serenity." There is a registration form in this issue and future issues. Make copies. Give them out at your meetings. Post them in your room. Invite members to ride with you and even share the room with you. It's fun, and also a lot cheaper when you are sharing expenses. A BIG thank you to District 12 for Hosting.

Our *Northern Hi Lights* editor asks, "How important is Alateen?"

Maybe you can remember life before Al-Anon. Maybe you can remember life in your home when you were a teenager. Maybe all was well...maybe not. Maybe you remember life before Al-Anon when you and your children were at home and life seemed really unmanageable, possibly because of someone else's drinking. But maybe, just maybe, you never heard the word Al-Anon or Alateen. We now experience what life can be like because we have a meeting to go to. We have literature to read. We have a sponsor and a phone list of other members. We have a Higher Power and we have peace and serenity in our lives. This is a gift we must give to our youth. Does your group/district sponsor an Alateen Group? Does your community know Alateen is available for youth? How important is Alateen? Better question: How important is the peace and serenity, and safety, of our youth?

Nancy H.

Highlights from the October 2016 Chairman of the Board Letter

- The entire Board and Executive Committee members were warmly welcomed as we traveled to Fayetteville, Arkansas, for our quarterly Board meeting and the third **Meet the Board** event. Over 100 members were in attendance. The agenda included opportunities to meet in small groups for discussion of current topics related to the continued growth of our fellowship.
- The Eighteenth International AI-Anon General Service Meeting (IAGSM) was held October 5-8 in Rome, Italy. Delegate members from the following structures were in attendance: Australia, Belgium, Brazil, Denmark, Finland, France, Germany, Iceland, Italy, Mexico, New Zealand, Poland, South Africa, Spain, Sweden, Switzerland, Ireland, US/Canada, and for the first time India, Paraguay, and Guatemala. The summary will be posted to the Members Website on or before the first of the year.
- The Board enthusiastically approved the new theme for the 2018 International Convention:

Celebrating One Day at a Time 2018 International Convention

- Question I will be discussing with my Board of Trustee Sponsor to bring back to the January Board :

Policy Committee Update Judy K.,
Chairperson Donna E., Co-Chairperson

- The Policy Committee is finalizing its work on incorporating spiritual principles into the text portion of the 'Financial Matters' section of the "Policy Digest," pages 95-99, and the text of 'Conventions and Other Events' formerly title 'Conventions,' pages 85 and 86, of the 2014 - 2017 AI-Anon/Alateen Service Manual (P-24/27). The goal of the Committee is to bring the revised text for both sections to the 2017 World Service Conference (WSC).
- The Policy Committee continued its discussion of the terms "open" and "closed"

meetings, reviewing the results of information obtained from Area Delegates via AFG Connects. A Policy Committee Task Force has been formed to analyze the information and suggest possible strategies to eliminate the confusion these terms cause for the public and even for AI-Anon members. The Policy Committee first discussed this topic in light of Tradition Five, the principle of being welcoming, and Tradition Twelve, maintaining anonymity of members.

- **AI-Anon's primary focus is helping those affected by alcoholism, but we do not decide who meets that requirement for membership.**

Finance Committee Update October 2016
Jennie M., Treasurer

- **The big news is that 2016 Contributions for the first nine months exceeded 2015 Contributions by \$320,553.**
- **Income: Literature sales were \$2,663,981 for this period, compared to \$2,617,502 at this time last year.** *Forum* subscription income was \$184,776 at September 30, 2016, an increase of 6.66%. This reflects the additional subscriptions purchased due to the suspension of the complimentary group copies of *The Forum*.
- **Expenses:** Operating expenses were \$3,681,725 for the period, compared to \$3,709,572 last year—a decrease of less than 1%. Expenses were below budget due to some staffing changes and some timing differences for purchases year over year.
- **Outlook: We are very optimistic that we will meet and maybe even exceed our budgeted revenue numbers for 2016, which is very good news. The Finance Committee keeps a watchful eye on expenditures in an effort to minimize the projected deficit. Perhaps with the collective abundant response from the fellowship, we can eliminate the deficit!**

Conference Leadership Team Update
October 2016 Tina B., Chairperson

"Our Members: Our Hope for the Future" – 2017 World Service Conference Theme

NYN AFG 2017 Spring Assembly & Convention (with AA participation)

May 19-21, 2017 @ the Millennium Hotel, 2040 Walden Ave. Buffalo NY 14225

Hosted by District 12 (Buffalo South)

The Golden Years: Celebrating 50 Years of Serenity through Self-Discovery

Featuring Mary G. the current (Interim) Executive Director of Al-Anon Family Groups, Inc., and former long-time Western NY member who has served in many capacities over the years

Room rate: \$141.38 (\$130.00 plus \$11.38 tax per night), extra nights same rate, rate is per room

Reservation deadline April 1st (800)323-3331 Specify NYN AFG convention

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull-out couch in addition to two queen beds and a balcony overlooking the pool/atrium area if possible give roommates' names when calling, or at least make them aware that you will be having one or more roommates, 1 night's deposit by check or credit card required to confirm/hold reservation; all rooms have internet, cable TV, mini-fridge, coffee & tea making facilities, radio alarm clock, irons and hair dryers

Check in 4pm, check out 11 am

****Alateens must have notarized permission & medical release forms and adult supervision****

Walk-in registrations are always welcome, but pre-registration is preferred

For more information email NYNAFG2017springconvntn@gmail

FYI the hotel is less than two miles from the Amtrak passenger train station for anyone interested in checking out the train schedule

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NYN AFG 2017 Spring Assembly & Convention Registration Form

PLEASE submit a **separate registration form for EACH person** attending

Make checks payable to NYN 2017 Spring Convention

Mail completed form to: NYN AFG Spring 2017 Convention, P. O. Box 1013, Buffalo NY 14220

REGISTRATION & BANQUET

Name: _____

Early registration (by 4/15/17) **\$15**

Address: _____

Full registration (after 4/15/17) **\$20**

Alateen Registration **\$5** \$ _____

Phone: _____

Are you registering as Al-Anon or AA?
Are you attending the Assembly meeting or Convention Panels?

email: _____

Banquet (family style/by 5/1/17) **\$35.00** \$ _____

Donation to Hospitality (greatly appreciated) \$ _____

We will confirm receipt of your registration by email

Are you a NEW Group Rep? _____

TOTAL ENCLOSED \$ _____

NEW District Rep? _____

PLEASE ADVISE OF SPECIAL NEEDS HERE:

We hope you'll "SAVE THE DATE" for the
NYN AFG Spring Assembly/Convention May 19-21, 2017
With AA and Alateen participation

Hosted by District 12, Buffalo South & part of Southern Erie County, with the help of many!

Featuring **Mary G.** as our banquet speaker, the current (Interim) Executive Director of **Al-Anon Family Groups, Inc.**, a former long-time Western NY and District 12 member, who has served as GR, DR, Chairperson of the WNY AIS, Newsletter Editor for NYN, Chairman for NYN, Delegate for NYN, WSO Trustee (Conference Chair, Literature Chair, Policy Chair, Chairman of the IAGSM, International Coordination Committee Chair, Member of Finance Committee) and member of the WSO Executive Committee

the **Golden Years**:



The lamp of knowledge

Celebrating

50 Years of **Serenity** through **Self-Discovery!**

To be held at the **Millennium Hotel** Buffalo, located in Cheektowaga NY 14225

Room rate: \$147.88 (\$130 plus \$17.88 (13.75%) tax per night), extra nights same rate

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

Right next to the Thruway (I-90) and Galleria Mall, and only 2 miles from the Amtrak passenger station in Depew NY if you prefer a relaxing train ride instead of driving!

nynafg2017springconvntnbuffalo@gmail.com



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.

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