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**Topics:**

July-August:

**“Tools and Support for Crises”**

Sept:

**“The Benefits of Being Kind to Oneself”**

**Calendar:**

**\*\*See reports and flyers\*\***



**(Corrected dates!!!)**

**Sept. 29 – Oct. 1, 2023,**

**NYN AWSC & Fall Assembly  
East Syracuse, NY**

**August 26, 2023,**

**NYN AWSC  
Online Only  
Register on Website**



**“Together Again”  
FALL ELECTION ASSEMBLY,  
SEPT. 29–OCT. 1**

**THE 2023 NYN Fall Election Assembly** will be held **September 29, 30, and October 1, 2023** in person at the Embassy Suites Hotel on Carrier Circle, 6646 Old Collamer Road S, East Syracuse, NY 13057. Chairperson Ruth S. and her committee are hard at work. Their theme is **“Together Again”**.

▶▶▶ **ELECTIONS** -- Please volunteer or nominate someone for a 3-year term for a **NYN Officer or Coordinator position, all of which will expire at the end of this year. Elections for these offices will be held at the Fall Assembly.** – Please see the June issue for more info.

The **Area Assembly** is the business meeting where the groups send their representatives (GR's) to express a voice and vote on behalf of the group. During an Assembly, the Delegate reports the activities of the World Service Conference.

▶▶▶ **The Registration Form** for the Fall Election Assembly is available on [www.nynafg.com](http://www.nynafg.com) under **NYN AWSC and Assembly.** ▶▶▶ **If you would prefer to mail in the registration, please copy (or print out) the form on page four of this newsletter, fill it in and mail it.** Registration for the 2023 NYN Fall Election Assembly will be \$30.00 for the weekend and can be done online, by mail, or in person at the Fall Assembly. -- SEE FOLLOWING PAGES FOR MORE DETAILS.

**DELEGATE’S REPORT – Kathi D.**

My go to tool has always been the Serenity Prayer. It’s my life’s algorithm. Whatever the situation is, it is there for me to use. First, I take a deep breath to center myself. Next, I ask for the courage to honestly look at the situation to assess and accept what is mine to change and what is not. Often it takes repeated recitations before my mind has calmed down to remember the wise words heard many years ago, “Things that are urgent are rarely important; things that are important are rarely urgent.” Once my mind has quieted then I am able to do the next healthy step.

**Clarification of “Practicing the Seventh Tradition” article (printed in June’s Northern HiLights).**

The above is a perfect segue for the remainder of my article. I need first to make amends for June’s article, Practicing the Seventh Tradition. It was taken from my Spring Delegate’s report and presentation and void of necessary context. Hopefully, this follow-up will help clear up any confusion caused by last month’s article.

First and foremost, all service arms, groups included, should have an ample reserve as stated in the Warranty One of the General Warranties of the Article 12 of the Charter. An ample reserve is determined through a group conscience. [Al-Anon Guidelines- Reserve Fund \(G-41\)](#) provides information about establishing an ample reserve fund. (Cont’d on Next Page)

**Mission Statement**

**Northern Hi Lights** is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service-related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. *Northern Hi Lights* is not copyrighted. It is not conference approved literature. Submissions: Email by the 15th of the month prior, to: [newsletter@nynafg.com](mailto: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:** See last page for the subscription form & information. A copy will automatically be sent to each Group Representative on record.

**For more information:** Visit the following websites: New York North: [www.nynafg.com](http://www.nynafg.com) WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

(Cont'd from previous page) .... For some this may be 9-12 months of operating expenses, while for others it is an average based upon several years' worth of annual operating expenses. If your service arm or group does not have an ample reserve, then this needs to be included in your annual budget. In the example previously provided the AIS had an annual budget of \$5000. However, it currently does not have a reserve fund. Therefore, a line item, reserve fund contribution, with a designated amount would be included - increasing the total annual budget.

Second, Cindy M. is the current WSO Treasurer. The WSO Treasurer must be a Regional Trustee or a Trustee-at-Large which means they are an AI-Anon member. The donation process of "giving closest to home" is how I was raised in AI-Anon. So, the thought that this is a myth is disconcerting. However, I combed through the [AI-Anon/Alateen member website](#) and the 2022-2025 AI-Anon/Alateen Service Manual (p. 53-55, 105, 162-163) to find any mention that service arms closest to the group should receive more financial support, without success.

Cindy's alternative method factors in each service arm's operational cost per group when distributing excess group funds. WSO annually computes and distributes what it costs to support each AI-Anon group. Additionally, it provides an easy-to-read pie chart that breaks down the cost into categories. It would be beneficial to the groups if all service arms computed an annual cost per group. Groups are not required to use this method. It is only a suggestion.

If your group would like to consider this alternative method, the process is outlined below:

**Step 1:** Gather all your group's annual expenses – rent, literature costs, technology expenses, cost of sending the Group Rep to Area Assembly meetings, etc.

**Step 2:** Gather the cost per group for each service arm – WSO, NYN, District, and AIS (if the group is part of an AI-Anon Information Service). It may be necessary to ask each of the service arm's treasurers for this information. The annual cost is the budget divided by the number of groups.

**Step 3:** Compute the contribution percentage for each service

Fund Distribution to Service Arms				
Service Arm	2023 Budget	Number of Active Groups	Annual Cost per Group	Distribution Percentage
WSO	\$5.76 M	17,500	\$321	48%
NYN	\$20,000	236	\$85	13%
*AIS	\$8,000	45	\$178	26%
*District	\$500	6	\$84	13%
<b>Total</b>			\$668	100%
* denotes example numbers				

arm. This is done by first adding together the cost per group for each service arm's contribution percentage – service arm group cost divided by the sum of all service arms group costs divided by the sum of all service arms group costs.

**Step 4:** Use the computed distribution percentage for each service arm when distributing excess funds.

Distribution of Excess Funds		
Service Arm	Distribution Percentage	Donation Amount
WSO	48%	\$48
NYN	13%	\$13
*AIS	26%	\$26
*District	13%	\$13
<b>Total</b>		\$100

The [2023 Spring Assembly Delegate's Report](#), beginning on page 3, contains information on how the World Service Office supports AI-Anon and Alateen groups. The [2023 Spring Assembly Delegate's Presentation](#) slides 13-17 contains detailed WSO financial and budget information; slide 24 lists all of the countries WSO staff visited last year.

**Finally, I want to add clarity to the article, The Changing Spaces of AI-Anon Groups - The new Global Electronic Area, "GEA" ...** (written by Sue P., Associate Directory-Group Services, WSO, and reprinted with WSO permission in June's Northern HiLights).

There are two types of groups - physical and electronic. A physical group meets in a physical location. A physical group with an electronic tool to allow members to join the meeting remotely can be thought of as a hybrid meeting. An electronic meeting has no physical meeting location.

Some groups have decided to no longer meet in a physical location. Thus, they are an electronic group. WSO is not requiring these groups to register as an electronic group until six months after their current area has voted to allow electronic groups within the Area service structure. NYN **has not yet voted** on allowing electronic groups to be part of our Area. (We have a task force currently working on this matter.) Therefore, no action is currently required - other than keeping your meeting information up to date with the Area and WSO Group Records.

Speaking of updating your group records with the WSO and the Area, this is a task to be done by the Group Representative or their designee. Members should not decide on their own to update the information. Instead bring the issue to your group's business meeting. If your group doesn't hold regular business meetings, request one be held as soon as possible.

Remember, I hold monthly Delegate Chats on the first Sunday and Thursday of each month. The times and meeting contact information are on the NYN website's [Events Calendar](#). I am also available through email, [delegate@nynafg.com](mailto:delegate@nynafg.com).



**Please consider service as our Delegate, for the next term, starting 1/1/24.**

## CONVENTION COORDINATOR'S REPORT – FALL ASSEMBLY DETAILS – Jim M.

The 2023 NYN Fall Election Assembly will be held **September 29, 30, and October 1, 2023** in person at the Embassy Suites Hotel on Carrier Circle, 6646 Old Collamer Road S, East Syracuse, NY 13057. Chairperson Ruth S. and her committee are hard at work. Their theme is **“Together Again”**. The Registration Form for the Fall Election Assembly is available on [www.nynafg.com](http://www.nynafg.com) under **NYN AWSC and Assembly**. Registration for the 2023 NYN Fall Election Assembly will be \$30.00 for the weekend and can be done online, by mail, or in person at the Fall Assembly.

The Program for Friday evening will include an Al-Anon Skit. There will also be Al-Anon Raffle Baskets and other items available to be raffled off as well as Al-Anon Conference Approved Literature available for sale, including the New Al-Anon Daily Reader “A Little Time for Myself” (B-34, \$17.00). The Program for Saturday includes the AWSC Meeting, The Assembly Morning Session, Lunch – **a boxed lunch is available for pre-registered purchase**, the Assembly Afternoon session, a Buffet Dinner – **pre-registration for this meal is required**, and our Main Al-Anon Speaker, who will be Kathi D., our Outgoing NYN Area Delegate. The Program for Sunday Morning program will consist of the Alateen Interest Meeting and a Panel of Spiritual Speakers.

On Saturday the catered box-lunch will include wraps with your choice of meat - Roast Beef, Turkey, or Ham, and also includes a salad, pickle, chips, cookie, and soda or water. **A Gluten-Free wrap is also available**. This lunch will cost \$16.00 and will need to be Preregistered before **September 9, 2023**. **Since this will be a catered event, there will be no meal tickets available for sale at the door.**

The Saturday Night Banquet Buffet will include: Beef Medallions au jus, Sliced Baked Ham, Roast Turkey & Gravy, Baked Ziti, Mashed Potatoes, Candied Sweet Potatoes, Corn, Garden Salad, Dinner Rolls, Tea, and water. **Gluten-free and vegetarian choices are also included on the Buffet**. The Banquet Buffet will cost \$40.00 in advance and **the cut-off date for registering for the Banquet is Saturday, September 9, 2023**. **Since this will be a catered event, there will be no meal tickets available for sale at the door.**

For those members planning to stay at the Embassy Suites Hotel for the weekend, rooms will be \$179.00 plus tax which comes to \$206.00 per night for a suite with a queen bed and \$189.00 per night plus tax which comes to \$218.00 for a suite with two double beds.

Looking ahead to 2024, we are still in need a District or Districts to Host the **2024 NYN Spring Convention and Assembly**. At the 2023 NYN Virtual Spring Assembly, no District or Districts stepped up to host the **2024 Spring Assembly** so the issue was tabled until the 2023 NYN Election Assembly. We also will need a District or Districts to Host the **2024 NYN Fall Assembly**. Currently, it has not been decided on whether these Assemblies will be in-person, Hybrid, or Virtual only. A discussion on how to proceed with our NYN Spring and Fall Assemblies was also tabled at the 2023 Spring Assembly and the discussion will be resumed at the 2023 Summer AWSC and the 2023 NYN Fall Election Assembly. Please, would your District consider Hosting or Co-Hosting one of these events. Help is always available in Al-Anon.

At the 2023 Virtual Spring Assembly, there was a discussion regarding the higher cost of the hotel sleeping rooms for our trusted servants and members, as well as the higher costs of reserving hotel meeting space, and the higher cost of having to cater our meals now that most facilities no longer have banquet staff or facilities since the Covid-19 pandemic. Prior to Covid, these costs were just considered a normal part of the cost that NYN has for doing its regular business and were included in the annual NYN Budget.

Since Covid, the level of participation at our Area Assemblies has gone down considerably. Prior to Covid, our in-person Spring Conventions usually had between 175 and 250 attending members and our in-person Fall Assembly attendance had usually been between 90 and 130 members attending. Prior to Covid, there were over 355 registered groups in the NYN Area. Since we started meeting virtually, we have only been having a participation rate of 20 – 40 voting members. The in-person registration fees and donations we used to receive from these events not only completely paid the costs of putting on the Convention or Assembly, they usually also contributed a substantial source of revenue for the Area from the after-expense profits that they generated.

See you in September!!



**At the 2023 Fall Election Assembly Meeting on September 30, 2023, Elections will be held for all New York North Area Officer and Coordinator positions, including the Convention Coordinator position. I have found this service to be very rewarding and I would like to encourage any Al-Anon member to consider standing for this position.**

New York Area North Fall 2023 Election Assembly  
 "Together Again"  
 September 29 – October 1, 2023

Registration Form  
 Embassy Suites Hilton Syracuse  
 6646 Old Collamer Road, East Syracuse, NY 13057

Registrant Information (Please Print) One sheet per attendee			
Name			
Address			
City, State/Zip			
Phone #		E-mail Address	

Affiliation	
Al-Anon	
Alateen	

Registration		
	Price per Person	
Assembly Only	\$ 30.00	\$
Boxed Lunch – Saturday	\$ 16.00	\$
<b>**Lunch reservation deadline is 9/9/23**</b>		
See Boxed Lunch details on attached insert	Select One Wrap Type ↻	
	Regular	
	Gluten-Free	
	Select One Meat ↻	
	Roast Beef	
	Turkey	
	Ham	
Vegetarian Lunch Option		
Buffet Dinner – Saturday See Buffet details on attached insert	\$ 40.00	\$
<b>**Buffet reservation deadline is 9/9/23**</b>		
Food and beverage donations will be appreciated **they must be prepackaged; no homemade snacks will be accepted **	Cash donation for Hospitality Room refreshments	\$
	Total Amount Due	\$
Raffle Basket donations are appreciated		Thank you !

Assembly Accommodations	
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If you will be staying at The Embassy Suites for the Assembly, please contact them at: 315.466.6000 or [Al-Anon Discounted Room Block - Embassy Suites by Hilton Carrier Circle](#)  
 Select Embassy Suites by Hilton – Old Collamer Road S., East Syracuse NY  
 Book early and mention NYNA Fall Assembly for the convention rate per night (including taxes): \$206 Double Occupancy; \$218 for more than 2 people. All rooms are suites.

Please return completed registration form by 9/9/2023 to:  
 NYN Area Assembly, P.O. Box 15132, Syracuse, NY 13215-9211  
 Registration is Non-refundable  
 No Registrations with lunch and buffet reservations accepted after 9/9/2023

**Cont'd on next page .....**



New York Area North Fall 2023 Election Assembly  
*"Together Again"*  
 September 29 – October 1, 2023  
 Agenda and Information

Friday, September 29

- |                    |                   |                          |
|--------------------|-------------------|--------------------------|
| • Registration     | 3:00 PM – 9:00 PM | Onondaga Ballroom #3     |
| • Evening Activity | 7:30 PM           | Onondaga Ballroom #1 & 2 |

Saturday, September 30

- |                      |                   |                          |
|----------------------|-------------------|--------------------------|
| • Registration       | 7:30 AM – 2:00 PM | Onondaga Ballroom #3     |
| • AWSC               | 8:00 AM           | Onondaga Ballroom #1     |
| • Assembly           | 9:15 AM           | Onondaga Ballroom #1 & 2 |
| • Lunch              | Noon – 1:00 PM    | Empire Room              |
| • Assembly           | 1:15 PM – 5:00 PM | Onondaga Ballroom #1 & 2 |
| • Banquet            | 6:00 PM           | Empire Room              |
| • Speaker - Kathi D. | 7:30 PM           | Onondaga Ballroom        |

Sunday, October 1

- |                      |          |                          |
|----------------------|----------|--------------------------|
| • Alateen Interest   | 8:00 AM  | Onondaga Ballroom #1     |
| • Spiritual Speakers | 9:00 AM  | Onondaga Ballroom #1 & 2 |
| • Goodbyes           | 10:30 AM | Onondaga Ballroom #1 & 2 |

Hospitality Room – bottled water and snacks available to attendees:

- Friday 3 PM – 9 PM and Saturday 8 AM – 3 PM

Meal Information

*Breakfast* – On your Own Saturday & Sunday – or -  
 Complimentary hot breakfast for Embassy Suite Guests

*Saturday - Box Lunched- Advance Reservations only by 9/9/2023*

Includes your choice of:

Wraps: your choice of meat: Roast Beef • Turkey • Ham  
 All lunches also include salad, pickle, chips, cookie, soda/water  
 A gluten-free wrap is also available

*Saturday Night Buffet- Catered by Bella Domani- Advance Reservations only by 9/9/2023*

Beef Medallions au jus • Sliced Baked Ham • Roast Turkey & Gravy • Baked Ziti • Mashed Potatoes  
 Candied Sweet Potatoes • Corn • Garden Salad • Dinner Rolls • Coffee • Tea • Water

Gluten-free and vegetarian choices are also included on the Buffet

Assembly Contacts

**..... Cont'd from previous page**

Please direct your questions to the Assembly Chairperson, Ruth S. at [rosiesmom@twcny.rr.com](mailto:rosiesmom@twcny.rr.com)

## ALATEEN COORDINATOR'S REPORT – Mary S.

The theme for the 2023 International Convention was New Hopes, New Friends and Renewed Recovery. With that in mind, now is the perfect time to consider stepping into Service. Al-Anon members do not need to wait until the Fall Election Assembly to learn about how Service in Alateen can renew your recovery and provide endless experiences to make new friends.

I am willing to speak to individual Al-Anon groups and at District/AIS meetings to share about the “Joys of Service” in Alateen. During the months of July and August, I am available to come in person or virtually. I can be contacted at [alateen@nynafg.com](mailto:alateen@nynafg.com) All of the districts in our Area are in need of registered AMIAS's (Al-Anon Member In Alateen Service). More members are also needed to step into service as substitute Alateen Group Sponsors to support our current Group Sponsors when conflicts arise and they are unavailable to go to their weekly meeting.

Alateen service is for anyone with at least two years of consistent Al-Anon participation. Active members of Al-Anon who are also AA members may serve as an Alateen Group Sponsor, providing they fulfill the minimum requirements as an AMIAS. At all times emphasis shall be placed on the Al-Anon interpretation of the program.



**Please consider service as our Alateen Coordinator, for the next term, starting 1/1/24.**

## Topic: “Tools and Support Systems We Use in Moments of Crisis”

This month’s article focuses on the tools and support systems we use in moments of crisis. All of us have had trials and tribulations that brought us to the rooms of Al-Anon. Once we admitted that we were powerless over alcohol and our lives had become unmanageable, we had taken the first step in our recovery.

There are some obvious Al-Anon tools that we have gathered and stored over the years in our program toolbox. Our daily readers give us strength and a sense of direction for each and every day of the year. Even though we may have read the entries over and over again during the years, there is always a morsel or tidbit that we can digest and relish as if we have experienced it for the first time. When we are in a moment of crisis, it seems providential that we encounter the reading that we really need on that particular day that gets us through the next minute, hour, or day of turmoil.

Attendance at meetings is another tool we can utilize in our time of need. If we hesitate as to whether or not we should attend a meeting, that is a sure sign we NEED a meeting right then and there. It is more likely than not that in the course of that meeting, someone will say something that resonates with us and fits the circumstance that brought us to the meeting in the first place. Our problem is solved simply by showing up for the meeting we dreaded attending in the first place!

If you ever watched the television show “Who Wants to be a Millionaire”, the phrase “phone a friend” probably sounds familiar. Anyone who is feeling alone or unable to cope with their circumstances knows there is a friend in the program who is literally only a phone call away. It does not matter if it is a holiday or a weekend or just a typical day—that phone call can be a lifesaver for someone who is in crisis and needs someone to be there for them. Don’t hesitate to make that call—it could be a lifesaver for one, or even both, of the people at either end of the phone line.

These are just some of the tools of support we can use or give to someone who needs them more than we do at that moment. Crisis is averted when we open our toolbox and work the problem with our program and Higher Power watching over us.

-- Mike R. ▲▲▲

### Officers & Coordinators of NYN - Contact with any questions or concerns you have. -

Officer:	Name:	Email
Chairperson	Carol C.	<a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
Treasurer	Betty GM.	<a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>
Secretary	Cathy W.	<a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>
Delegate (&Forum)	Kathi D.	<a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>
Alt. Delegate	Emily K.	<a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>
Immediate Past Delegate	Molly C.	<a href="mailto:tpd@nynafg.com">tpd@nynafg.com</a>
Alateen	Mary S.	<a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>
AAPP	Mary D.	<a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
NYNAC	Leslie C.	<a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>

Officer:	Name:	Email
Conventions	Jim M.	<a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
Group Records	Joan L.	<a href="mailto:records@nynafg.com">records@nynafg.com</a>
Archives	Maria S.	<a href="mailto:archives@nynafg.com">archives@nynafg.com</a>
Literature	Diane C.	<a href="mailto:lit@nynafg.com">lit@nynafg.com</a>
Newsletter	David N.	<a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>
Web Coordinator	Ellen V.	<a href="mailto:web@nynafg.com">web@nynafg.com</a>
E-Meeting Host	Michael R.	<a href="mailto:emeetinghost@nynafg.com">emeetinghost@nynafg.com</a>
Public Outreach		<b>OPEN</b>
Presentation		<b>OPEN</b>

## JULY TREASURER'S REPORT -- Betty G.M., Treasurer

**Deposits** -- I made two deposits from 5-26-23 to July 5, 2023

Check Date	Group #	Group or District Name	Check #	NYN Donation	NHL	Total
5/14/2023	30814	Sunday Nite ACOA	207		\$ 10.00	
no date	51509	Courage to Change AFG	Money Order	\$ 30.00		
5/3/2023	N/A	Cathy V	1077		\$ 10.00	
5/10/2023	54087	St. Rose Wed AM AFG	1025	\$ 115.00		
5/10/2023	54087	St. Rose Wed AM AFG	1027		\$ 10.00	
5/30/2023	9763	Sharing and Caring AFG	238	\$ 45.00		
6/8/2023	10296	Thursday Morning Sherrill AFG	2794	\$ 50.00		
6/1/2023	64625	Serenity on Saturday	508	\$ 65.00		
6/1/2023	37943	Fayetteville Thursday Morning AFG	4850	\$ 39.90		
5/30/2023	30606210	Progress Not Perfection AFG	Money Order	\$ 25.00		
5/17/2023	27835	Changing What I can AFG	2426	\$ 50.00		
6/13/2023	30704763	District 8 Courage to Change	3105809640	\$ 50.00		
5/23/2023	63806	Courage to Change AFG	28294604537	\$ 25.00		
6/1/2023	27134	Spiritual Awakenings AFG	503	\$ 20.00		
6/18/2023	60706	Beginning Today	6967	\$ 50.00		
6/19/2023	30503839	Calm in the Storm	1089	\$ 50.00		
6/16/2023	500955	Saturday Morning AFG	429	\$ 25.00		
6/19/2023	10339	Cloverleaf AFG	1072	\$ 50.00		
6/8/2023	30765722	Healing Hearts	402	\$ 50.00		
6/5/2023	??	Homer AFG	108	\$ 60.00		
6/8/2023	9696	Cortland AFG	1300	\$ 50.00		
6/8/2023	9696	Cortland AFG	1302		\$ 11.00	
6/6/2023	39872	New Beginnings AFG of Jamestown	279		\$ 10.00	
6/8/2023	66500	Thursdays Hope	542	\$ 25.00		
6/6/2023	501783	Serenity Seekers AFG	1730	\$ 45.00		
<b>7/5/2023</b>		<b>Total Deposit</b>		<b>\$ 919.90</b>	<b>\$ 51.00</b>	<b>\$970.90</b>

**Bills and reimbursements through July 15, 2023** -- Our expenses were for the accountant to complete our taxes, the NYS filing fee, a web domain renewal & hosting fees, & the Delegate reimbursement for travel. One expense was a reimbursement of a check for a Forum subscription. (We only handle registration for Northern Hilights.)

Date	Check #	Expense Description	Debit	Credit
5/11/2023		NYS Department of Law - Tax filing	\$ 25.00	
5/17/2023		Deposit		\$ 815.00
5/15/2023	1762	Roush CPA PC	\$ 400.00	
5/26/2023		Deposit		\$ 175.00
6/5/2023	1763	Web \$185.13 Delegate \$307.20	\$ 492.33	
6/15/2023	1764	Return incorrect payment for the Forum	\$ 10.00	
7/5/2023		Deposit		\$ 795.90

**Account Totals on July Statements, generated 6-31-23 & released 2<sup>nd</sup> week of July.**

Primary Checking Account Balance June 30, 2023	\$14,916.81
Reserve Account Balance June 30, 2023	\$16,941.64
NYNAC Balance June 30, 2023	\$509.40
<b>Total Funds</b>	<b>\$32,367.85</b>

**Sage Ruddy Mutual Funds Balance for Period Ending May 31, 2023, Statement: \$2,581.78**

### Please consider service as our Treasurer

You don't have to be an accountant to be the NYN Treasurer. The following experiences would be helpful.

- Manage budgets through your work, managing a project, or as an admin. assistant providing support.
- Online banking for your personal finances.

**\*\*\* See Page 8 for donation instructions, donation address, and Treasurer Contact Info. \*\*\***



### NORTHERN HI LIGHTS SUBSCRIPTION FORM

• **NO COST** for an **ELECTRONIC COPY**

• **(\*) Please consider a \$10/yr. donation for mailed copies.**

**DELIVERY:**  Email, or  \*Snail-Mail    **TYPE:**  New, or  Renewal

**Amount Enclosed:** \$ \_\_\_\_\_

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_ **Zip:** \_\_\_\_\_  
**Email:** \_\_\_\_\_  
**(If applicable):** **Group Name** \_\_\_\_\_  
**Group WSO #** \_\_\_\_\_ **District #** \_\_\_\_\_

➤ **Mail Subscription Forms and Donations to:**  
NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624-6576  
➤ **For Email Subscriptions, Address Changes or Updates:**  
E-mail: [newsletter@nynafg.com](mailto:newsletter@nynafg.com)

**Submissions for**  
**September**  
**Northern Hi Lights**  
Due by: **September 10th**  
Topic:  
***"The Benefits of Being Kind to Oneself"***

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