

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

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Northern Hi Lights

Al-Anon News from New York North Area **Thoughts From Our Area Chair:**

As I experience new beginnings, I discover that they aren't as scary as I fantasized that they would be. I can feel more comfortable right from the start, and trust that I will be accepted and not judged. When I moved from VA back to NY it was a new beginning. I had to learn new ways to get to the grocery store, gas station, and meetings. At first it felt strange and a little threatening because I didn't know my way around. But soon, I learned the roads and the time needed to get to my destination, and began feeling more comfortable. Another challenge was learning to trust my new Al-Anon friends, find a sponsor, and join in the before- and after-the-meeting socializing.

Recently my mother died and again I experienced new beginnings. I discovered that my introverted self really enjoyed hearing from my mother's friends and our relatives as I adjusted to life without the weekly visits and decision-making that needed to be done. The adjustment has been relatively easy so far as I do what needs to be done and appreciate the ways my mother showed her love to us.

A big part of my life is gratitude and faith. I trust my higher power and make a gratitude list daily. These actions allow me to move forward when the path is not always clear. Let us move forward trusting that our efforts to bring Al-Anon and Alateen to everyone who suffers from the effects of alcoholism are on the path to a richer, more rewarding recovery for all. **Susan A.**

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

Web Coordinator

I am at the beginning a new service position again. I did not volunteer I was nominated. After a prayer and a 20 count pause, I accepted. I don't know why but after speaking with my Higher Power it felt right even though there were many reasons to say no. Well my Higher Power was right again! All my reasons for refusing have been resolved. It's so good to be able to trust my feelings now. I have always benefited by saying yes when invited by my Al-Anon family to serve. I'm excited. As Web Coordinator, I am and will be in contact with Al-Anon Members, Newcomers, Group and District Reps, Area Officers and Coordinators, Professionals, Non-professionals, any anyone who contacts our web site for the next 3 years. I have just dipped my toes into the web-waters so far but I look forward to bringing updated information to our Al-Anon Family in New York North and helping others to find what I have found in Al-Anon – a new life.

Molly C.

Around New York North

District 19's Day of Sharing is February 28th from 11-3, at the Church of the Transfiguration, 3760 Culver Road in Irondequoit. (a Rochester suburb)

District 18's Day of Sharing is Saturday, March 21st from 10 to 2:30 in Fayetteville, at Immaculate Conception Church.

Rochester's Annual Tureen Supper will be Sunday March 22 at Guardian Angels Church. It's billed as a fund raiser, but it is also an opportunity to renew old friendships gained through service.

There will be two Days of Sharing on Saturday, April 25th. The first, by District 3 at the NSEA building in North Syracuse at 9:30. Their theme is; "Blooming in Al-Anon-Progress not Perfection".

District 12's Day of Sharing on April 25th will be in Hamburg, at St James United Church of Christ. Their theme will be "The Common Thread That Connects Us".

District 3 is working with county and local libraries to attract new members, and is considering using the internet. They are also surveying members to develop interest and participation in their district.

What's on the menu? District 2 would like input from those who were at the Fall 2014 Convention Banquet, to see if we should again feature eggplant parmesan on the menu. You can contact me at newsletter@nynafg.com. Other suggestions would also be appreciated.

John O



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 &

the Group's ID Number (Very Important)

Area Delegate, Panel 55:

Dear NYN Friends,

January is a month of New Beginnings.

This month I started on a new adventure to represent you as New York North's Area Delegate. I would just like to state that this is a privilege and that I will only be able to do this because I have the help of my fellow AI-Anon Members and my Higher Power.

As the Delegate I have access to an e-mail group called Delegates Online (DOL.) I have received many discussion items on topics that other areas have had inquiries on such as: Insurance for Groups, is the Alateen Process Person a separate Coordinator position or are their duties a part of another Coordinator's job, are reports at the Assemblies and AWSC recorded and if so what do they do with the tapes, and how do group members handle information they receive in meetings that might be something that might need to be reported to authorities. As I look at these topics, I realize that these are subjects that we either have encountered in the past or might in the future. Being a part of this group will be very helpful to learn from others. This to me is a part of the process of KBDM (Knowledge Based Decision Making) that we use in AI-Anon to make informed decisions.

I have also become a member of NERD (Northeast Regional Delegates) and will be getting information to attend their annual meeting in March. This will help prepare me for the World Service Conference in April.

I have received the following message from WSO and would ask that you encourage your group members to participate in this Survey.

Please announce and distribute this time-sensitive information to members, trusted servants, and groups in your respective service arms.

The anonymous **2015 Membership Survey**, which takes place only every three years, opened today for the participation of AI-Anon members in the U.S., Canada, Puerto Rico, and Bermuda.

The WSO is asking for your help in encouraging all AI-Anon members to take part in this **Conference Approved survey, no matter how new to the program a member may be, or how involved or not involved they are in service.** Information gained from this survey will be used in communicating with professionals and the public about the effectiveness of AI-Anon. As such, it is critical that we attain a representative sample of the diversity found in AI-Anon.

Members can access this ~15-minute survey in English, Spanish, or French, by following these simple steps:

Log on to the AI-Anon Members' Web site, al-anon.org/members, until 11:59 p.m. ET February 22.

Sign in using your group's name followed by the letters, AFG, without any spaces, e.g., serenityseekersafg. Click on the link titled "2015 AI-Anon Family Groups Membership Survey."

Happy New Years to you all & my your "New Beginnings" "be filled with Serenity, Peace and Joy!"

Diane C.

Deadline for submissions to the March, 2015 issue of NHL is

February 15, 2015. The Topic is Acceptance

Immediate Past Delegate:

Well, here we are the beginning of a new year and a new panel. New York North has a new Delegate, new officers and new coordinators. I am looking forward to the next 3 years. I will have new duties as the Immediate Past Delegate, most notably leading the new GR meetings at the Assemblies. I am looking forward to hearing from Diane C. her experiences at the WSC and her first Delegate's report this May. So many new beginnings.

This month's theme is "New Beginnings". I could not have picked a better theme. My anniversary is in January. Walking into the rooms of Al-Anon so many 24 hours ago was the first of many new beginnings for me. I found a new way to live my life. More importantly, I found myself within these rooms.

Over the years, there have been so many new beginnings (not always in January). Each step I have taken has helped me to grow, to develop new skills and talents. I don't know what either this year or the next 3 years will bring, but I do look forward to them. Al-Anon service has given me so many gifts, challenges, and opportunities to grow.

I will miss being the Delegate. I will miss attending the WSC in April and reporting to all of you in May. I know that I will find many new paths to follow in the coming years, and look forward to them all.

Gratefully in Service,

Ruth S.

Alternate Delegate

Dear NYN,

New Beginnings: Well, now I get to see what it's like on the outside looking in and having to

write an article every month for the NHL by the due date (when I was editor I got to submit my article last).

New Beginnings reminds me of what it was like coming into Al-Anon for the first time, feeling like I was "stepping off the boat into the water" and not knowing if I was going to sink; but being willing, and then ready, to grow and find a new way of being. Now, as I undertake a new challenge as Alternate Delegate and *Forum* Coordinator, I am once again stepping off the boat, but this time I know I will not sink because I no longer feel alone. I have the support of my Higher Power and many Al-Anon members whom I am not afraid to ask for help when I need it.

One new beginning I am undertaking this year is committing to reading one page from Conference Approved Literature each day and sharing on it with another Al-Anon member. So far it has been a great way to reinforce what I am reading and also to stay connected to this person and the Al-Anon program on a daily basis.

I have been busy familiarizing myself with the duties of my new position. I have looked up when the World Service Conference will take place this year and made sure I will be free during that time in case I need to fill in for the Delegate. I have been reading the *2014 World Service Conference Summary* to familiarize myself with the happenings and procedures of the Conference. In so doing, I have become enthused with lots of new ideas for outreach for our District and Groups. The spiritual stories of the outgoing Delegates are a source of much inspiration and I encourage everyone to take a look at them.

As *Forum* Coordinator, I would like to remind everyone that *The Forum* is "the voice of the fellowship, contains fresh, contemporary sharings each month, contains Al-Anon and Alateen meeting topics, and shares World Service Office (WSO) news." It is written "by members, for members." I encourage you to

make sure your group is getting its complimentary copy, and to introduce newcomers to *The Forum*. I will share more ideas on how to use *The Forum* in upcoming articles.

Together we can make it!

Gwenne R.

Group Records Coordinator:

I am getting my bearings on this job and have had help and ideas suggested to make it easier to understand the process. I will be having my first conference call at the end of January.

This all fits in great with our topic of the month, new beginnings. As we all start a new year, a new position, a new job or anything that involves change, there is a period of adjustment. I personally feel a bit more comfortable in this job as I was already doing the recording for the Alateen groups although that was mostly paperwork. All the work I do now is on the computer. The really neat thing about that is I can do it in my PJ's and no one knows.

Now back to the topic of new beginnings. In every new service that I have taken on, I have had to face my fears and do it anyway. The beauty of the Al-Anon program is that we have a loving fellowship, and even if we do something wrong, people will let us know and we can ask others who have done the job before for help. In the business world it is not that gentle and forgiving of our mistakes. In Al-Anon I have learned to gain confidence in my abilities which I can now bring to the world, knowing I do not have to be perfect, just do my best. The rest I am not responsible for.

Love in Service

Lynda S.

Area Secretary:

Hello NYN:

"New Beginnings" means to me the start of something different, or trying something new. I have to remind myself that I can have new beginnings on a daily, hourly, or even on a minute-to-minute basis. I always have a chance to start over when I feel the need to. The start of a new year always brings new resolutions; more often than not, resolutions that I fail to meet. I'm beginning to conclude that I set my expectations too high. I need to be gentle with myself, and realize that new beginnings are possible at any time. I don't have to wait for the start of new year, a new month, or a new day. I can let it begin now.

Panel 55 brings new beginnings for me. Being elected to the Secretary position means that I will have a lot of listening to do to insure that I capture the minutes of the AWSC and Assembly meetings accurately. From my ears to my brain to my fingers – I'll need to focus on just listening and writing or typing what I hear. It means not having to respond to what is said. I think this will be a challenge for me and I also think listening will enhance my personal recovery. I'd been thinking about what to write for this edition of the newsletter and it came to me at a meeting that I could try something new - just listening. In meetings, I'm trying to just listen. Just listening for the message I need to hear. I don't know what the message is, but I have faith that if I'm open to listening I will hear what I need and the message will be revealed to me. Did you ever realize that the words "Listen" and "Silent" have all the same letters? Here's to new beginnings and to Panel 55's first year.

Let it Begin with Me.

Pam A.

Treasurers Report

Here's to a brand new year of "new beginnings!!" I find that when I look ahead to a new event, or a new challenge, I can so very easily become overwhelmed. It helps when I take the time to look back at prior events or challenges and reflect on the good outcomes, instead of focusing on the "what if's," and keep looking for the positive, rather than the negative. I feel that every cloud has a silver lining, and so much of those silver linings are a direct result of my changed ATTITUDES. As our opening states, "changed attitudes can aid recovery." I am walking proof of that!! So I am looking forward to a new beginning in 2015, a new panel of officers and coordinators, and whatever else my Higher Power may have in store for me!! Since our last newsletter, NYN has received the following donations. Thank you all for your continued financial support of our Area!! Just a quick reminder about making sure your group number and group name are included on/with the donation. Thanks!

Spencerport 12&12	\$30.00
Circle of Hope	11.64
Healing Circle	75.00
Mon Collamer Rd	50.00
Surrender For Serenity	80.00
Stars of Hope AFG	100.00
We Morn Step	15.00
Circle of Grace	100.00
New Beginnings	70.00
Sunday Serenity	10.00
Penn Yan	50.00
Cortland	30.00
TASK	25.00
Thurs Morning Sherrill	50.00
Healing Circle	115.00
Spiritual Awakening	50.00
Mon Noon Canandaigua	30.00
Serenity Seekers	10.00
St Rose Wed AM	60.00
Leonard D.	25.00
Delhi	50.00
We Are Not Alone	100.00
Fayetteville	25.00
Syracuse Serenity	50.00
Caring and Sharing	45.00

Tues Night Queensbury	30.00
Chittenango Monday	15.00
Cuba Tuesday	25.00
Thurs Evening Serenity	10.00
Chazy Friday	25.00
Mon Sunshine	25.00
Tues Noon Plattsburgh	25.00
Serenity on Saturday	50.00
Courage to Change	25.00

Expenses since the last newsletter:

Pat H	\$152.79
Kelly N.	75.00
Lynda S.	89.59
John O	104.40
Gwenne R.	35.00
Connie D.	45.00
Sherry S.	43.92
AFG Dist. 10	750.00

Current Balances:

Checking Acct	\$12472.42
Reserve Acct	8822.90
Sage Ruddy Inv Acct	2736.40

Our Area is in pretty good shape, financially.....and that is thanks to all of our groups and districts! Thank you!!!

Hugs

Linda A.

Presentation Coordinator:

Hello NYN Family,

The topic of new beginnings automatically makes me think of the first step--that moment when I realize I'm powerless over something and I need to change my attitude about it. Well, I'm powerless over not being perfect--I almost forgot to write this article for the newsletter! Luckily Al-Anon has taught me to take myself less seriously. I might not be perfectly on time but I can still do my best. It's a new feeling for me not to freak out about a missed deadline, and it shows me fresh potential for the slogan, How Important Is It? I can ask myself, what's the payoff for trying to be so perfect all the time? How many imperfections can I let go? What will I do without all that worry?

I'm excited to be working on my first presentation, with the help of the rest of the Panel and some very creative volunteers. I hope you all come to Assembly to see it. If you haven't been to Assembly yet, try it out--it could be a new beginning!

Another new beginning for me is learning to ask for help. If you are interested in being on the Presentations Panel, if you have an idea for a cool presentation, or if you would be willing to help me get organized at Assembly, please contact me. Your ideas, input, skills, and assistance will be invaluable to me as I learn how to do this job and explore service at the Area level. Any level of commitment is welcome, from helping me put on skits to just sending me an email to remind me to, *cough*, write a letter for the newsletter.

I'm really looking forward to serving on Panel 55, to doing some fun, educational, amusing presentations, and also to making mistakes and possibly doing some totally stupid presentations. I'm so glad you will be there to help me up when I fall flat on my face, and to join me in celebrating when I get it right. Thank you, Al-Anon, for giving me new beginnings and new ways of thinking!

Yours in Service,

Sarah R.

Alateen Coordinator:

Hello Everyone,

I am excited about having the opportunity to serve as the Alateen Coordinator for NYN. This is the first time that I've ever held a position at the area level and I know that this adventure is going to teach me a lot about myself as well as provide me with the opportunity to meet new friends and grow. I am bringing to this position over fourteen years of Alateen sponsorship experience between New York and Pennsylvania. Since serving as an Alateen Sponsor for the Friday Night Camillus Group, I have met some of the most awesome teens, pre-teens, and sponsors. I must say that they never fail to amaze me, and as the program tells us we receive more that we give when we do service.

When I heard that the topic for this issue was new beginnings I immediately thought to myself how appropriate -- New Year, new service position, and the beginning of many new friendships on the horizon. Before program I use to think that I had to wait till the next day to start over, but thanks to Al-Anon I can begin my day over at any moment of the day.

I am looking forward to beginning my three years of service and working with all of you as I go forward.

Love in Service

Walt S.

Newsletter Editor:

As a subject, where do you go with “New Beginnings”?

Joining Al-Anon was the turning point that I had needed since childhood, and it wasn't because of alcohol.

Becoming *Northern Hi Lights* Editor was a goal from my early days in the program, when I was the Rochester AIS newsletter editor. It will be nice if I'm ready for it, and not too far over the hill. Learning a new word processing program has been more of a challenge than I had expected, and there have been times when failure seemed inevitable. I was awake very early recently, considering that. I concluded that in this gentle program, you would accept me with love. That has made it easier to keep trying. Before this program, low self-esteem led me to project failure, which was reason enough to not take risks. Learning about myself in this program, and wanting to change, led me to take many risky steps toward recovery, and this editor position was one of the lights at the end of the tunnel.

Getting this first issue out wouldn't have happened without the help and encouragement of Gwenne R. and Pat Ho. My confidence is only exceeded by my ability to overlook errors and omissions. I'll call these two ladies my crutches, since they walked me through it.

John O.

Public Outreach Coordinator

Happy New Year Everyone,

“New Beginnings” is our topic for this month—how appropriate. I am excited to begin my new position as Public Outreach Coordinator for NYN. I've been going through some of the notebooks that have been passed on to me and have been working with my service sponsor on what needs to be done first. Last month I sent out a letter to all DR's, Panel 55, Past Delegates and Trustee's. I passed on information and events that are coming up. They are:

- The deadline for ordering the second printing of Al-Anon's public outreach magazine, Al-

Anon Faces Alcoholism 2015, is 5 p.m. February 4th, 2015. Orders will be shipped before April 1st, 2015. The form for ordering these is in the December and January Forums as well as the members' site.

- March 4th is Lois W.'s birthday. We can celebrate our cofounder by remembering to “forget” as we leave copies of Al-Anon Faces Alcoholism, or any other piece of public information literature, at medical facilities, professionals' offices, break rooms, waiting rooms, and other public places.
- April is “Alcohol Awareness” month. I know it seems far away right now, but if we start talking and planning now we will be better prepared. A thought I had was to work with the libraries in our communities and see if we could put up a display of public outreach material.

Does your District have a Public Outreach committee? If not, please think about asking members of your District to come together to practice Step 12 and to share the Al-Anon message of recovery with others. I will work with you. The more people that are involved the greater chance of making people aware of the Al-Anon program. We can bring people along, grow together and carry the message of hope in NYN.

WSO has offered us a challenge. This challenge is offered to every member, in every group in the United States, Canada, Puerto Rico, and Bermuda.... The challenge is to invite a new member in our group, who hasn't yet participated in Twelfth Step work, to help us distribute a few copies of our annual public outreach magazine, Al-Anon Faces Alcoholism 2015, anywhere in our community that is accessible to the public.

If your group decides to participate in this challenge WSO wants to know. Email WSO at wso.al-anon.org attn: Al-Anon success. WSO would like us to shut down their e-mail server with success stories: let's see what NYN can do! This challenge is mentioned in the January Forum, p. 14, as well as in the Area Highlights, Winter 2014, p. 9.

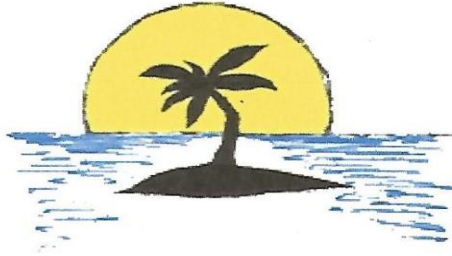
Are you willing? Are you ready for something new? Check out p. 19 of the January 2015 Forum. This could be a “new beginning”!

Together We Can Make It,

Pat H.

Public Outreach Coordinator for NYN

po@nynafg.com



AFG 2015 SPRING CONVENTION
Owego, New York

May 29, 30, 31

(SAVE THE DATE)

This is not Memorial Day weekend

Return to “Serenity Island”

Owego Treadway Inn
Hosted by District 10

Owego is a small, historic village located on the Susquehanna River. It has a walkable artsy shopping district, tree lined streets, where you can shop for unique gifts, and view beautiful 19th century homes and architecture.

Come join us!

WE WILL CONTINUE THE THEME BASKET RAFFLES

2015 NYN AFG SPRING CONVENTION/ASSEMBLY

Return to Serenity Island

Hosted by District 10

May 29-31, 2015

Owego Treadway

1100 State Route 17C (exit 65 off Interstate 17/86)

Owego, NY 13827



Owego was named the "2009 Coolest Small Town in America". The Owego Treadway overlooks the beautiful Susquehanna River.

Come join us on "Serenity Island".

Reserve your room directly with the Owego Treadway.

Room reservation deadline: April 29, 2015

Phone: 800-750-0466 or 607-687-4500; Fax: 607-687-2456. For additional information: www.owegotreadway.com

Note: The Owego Treadway also owns the Hampton Inn and Holiday Inn Express.

Book early to get the best rate at the Owego Treadway. Rates are shown below.

Room cost: Owego Treadway: \$125.95 per night plus 12% tax

Hampton Inn & Holiday Inn Express: \$145.95 plus 12% tax (includes breakfast, reward points can be used, if applicable)

*If paying by check, check must be received a minimum of **15** business days prior to check-in.*

Hotel Check-In: 4:00pm Hotel Check-out: 12:00 noon

Hotel amenities include: Hair dryers, irons and ironing boards, in-room coffee makers, free cable television and HBO, free local phone calls, indoor heated pool and fitness center, free coffee in the lobby each morning.

CONVENTION REGISTRATION begins Friday, May 29 at 4:00pm

Walk-in registrations welcome, but pre-registration is preferred.

NYN AFG 2015 Spring Convention/Assembly Registration Form

(Please submit a separate registration form for each person attending)

Make checks payable to NYN Spring 2015 Convention

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

Mail this completed form to: NYN AFG Spring 2015 Convention

PO Box 1384

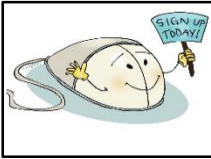
Binghamton, NY 13902

NAME and ADDRESS	REGISTRATION/BANQUET	YOUR COST
Name:	Early Registration (by 4/15/15) \$15 Full Registration (after 4/15/15) \$20 Alateen Registration \$12 Are you registering as? Al-anon _____ Alateen _____ or AA _____	\$ _____
Mailing address:	Banquet Cost (deadline 5/19/15) \$32 PLEASE SELECT ONE: Boneless prime rib _____ Chicken piccata _____ Vegetarian _____	\$ _____
Phone: Email:	Donation to Hospitality	\$ _____
Are you a: new Group Rep? _____ new District Rep? _____	Total Enclosed	\$ _____

<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
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<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 Meriweather (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

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