



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

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Topic Unity

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Newsletter Editor Pat H.  
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# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Chairperson

Dear NYN Friends,

Happy New Year to all. This is the final year of Panel 58. It's hard to believe that I will only chair 2 more Assemblies, those in May and September. I really hope that many of you are looking at the possibility of standing for a service position in NYN at the Fall Assembly. I cannot say enough on how service has helped my recovery.

The next AWSC (Area World Service Committee) meeting will be Saturday, April 4<sup>th</sup>. The meeting will be held at the NSEA building in North Syracuse. The address is 210 S. Main St., N. Syracuse, NY 13212. It is on the corner of S. Main St. and Palmer Ave. Enter parking lot from Palmer Ave.

The meeting will be held from 11:00 – 4:00.

*(cont'd 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](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

*(cont'd)*

There will be time before and after the meeting for committees and thought forces to meet. If you are chairing a committee or thought force please let me know if you would like to schedule a time to meet.

The purpose of the AWSC meeting is to set the agenda for the Spring Assembly. Of course, the number one item for the Spring Assembly is the Delegate report from the WSC but we will have a number of other items to discuss. If you have anything you would like to see on the agenda please contact me.

The Agenda for the AWSC meeting will be posted on the website in early March. This will give DRs time to discuss with their districts before the AWSC meeting.

One last item I wanted to talk about is the need for hosts for both the 2021 Spring and Fall Assemblies. I cannot stress how important the assemblies are for the Area. These are the business meeting for NYN. To stay connected to each other in the area we need these assemblies.

In the past, districts within the area have hosted the assemblies. This means finding a place to hold the assembly, contracting with the hotel, planning the program for the weekend etc. It sounds like a lot of work but with team work it can be a lot of fun! (I know because I have been a part of hosting an assembly on more than one occasion) The best thing is that you don't have to do it alone. The Convention Coordinator and many other NYN members are there to help. Please talk within your districts, talk with other districts and step forward to host one of these assemblies.

Gratefully in Service,

***Ruth S.***

## **Immediate Past Delegate**

As I sit here writing this article I realize we are into a New Year, 2020! It is my Last and Final Year as Immediate Past Delegate. It will be my last year of Coordinating the New York State Fair and my last year of leading New GR Meetings at Spring and Fall Assemblies.

As some of you remember our New York North Area decided in 2015 to submit an application to set up a Public Information Booth at the New York State Fair. New York North provides Pamphlets, Schedules, & Bookmarks to people who visited our Booth to inquire what we were all about. Many of our members were so willing to come to volunteer three hours at a time to make this a part of our Service Commitment to Carry the Message of Al-Anon. We are so grateful for all of these years of service to this project.

So again this year I have submitted our application to have a booth at the Fair and I do hope all of you will try to give a few hours of your time this summer to help us.

For those of you who are **Planners** (I know we live One Day at a Time), the dates for the Fair will be **Wednesday, August 26<sup>th</sup> - Monday, September 7<sup>th</sup> (Labor Day)**.

My first sponsor told me that service is part of my recovery ( one of our Legacies) and that sticking with the winners ( members who practice the Legacies in their lives daily) is where I will get the most recovery from. I also learned that **Service Heals Too** (theme of the first assembly I attended in 1989) along with the Steps and the Traditions. If you are willing to serve you will **See your Recovery Soar** (theme of our Fall Assembly 2019).

***Diane C.***

## Alternate Delegate

The topic for this month is Unity, which refers to the Twelve Traditions of Al-Anon. The Steps are our Legacy of Recovery, the Traditions are our Legacy of Unity and the Concepts of Service are our Legacy of Service.

Many of the Twelve Traditions encourage Unity within Al-Anon. The First one refers to our common welfare and unity, which depends on our willingness to agree to do what is best for our groups and Al-Anon world-wide. The Fourth one gives the groups freedom in important matters. The freedom carries with it a responsibility to preserve the unity of Al-Anon worldwide. The use of non-conference approved literature does not contribute to the unity of worldwide Al-Anon. I learned early in Al-Anon, that when you enter the four walls of an Al-Anon room, the unity of Al-Anon found in the Twelve Traditions starts, not after the opening prayer has been prayed. The Sixth one is also important in protecting the identity and unity of worldwide Al-Anon. I feel it is important to Al-Anon that within the walls of the rooms of Al-Anon that only topics that refer to Al-Anon should be discussed. The Seventh one protects our unity by refusing to accept outside contributions, which would probably come with conditions or special favors. The Tenth one protects our unity by not getting involved in outside controversy. The Twelfth one protects our unity when we surrender our will to the spiritual strength of the group, which helps the healing process and we receive strength by being a part of a group conscience which comes from a Higher Power.

**Helen H.**



## Public Outreach

Hello NYN Family,

A new year has arrived and so have the *Al-Anon Faces Alcoholism 2020*. The newest change is that now AFAs can be ordered at anytime. They can be ordered in bundles of 25 with no limit. Also, they are available in Spanish and French as well as English. The cost is 25/\$8. You can support your local LDC (Literature Distribution Center), order as an individual or order through AFG, Inc at

[al-anon.org/onlinestore](http://al-anon.org/onlinestore)

I will have some copies available at the Spring Convention and Assembly.

What has your Group or District been doing during the winter months for Outreach? It helps if you share and inspire others to reach out. Projects don't have to be large and expensive. Remember our Declaration..."When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me."

Unity in our program has helped me to learn to reach out when I need help. Thinking of the Al-Anon Declaration reminds me that we are unified in our program to carry a message of hope. I will always be filled with gratitude for those that reached out to me. Whether I welcomed their message or not, it planted a seed...and the seed grew into recovery one day at a time. I need only be willing to share what was given to me. It has helped me to accept myself and my place in both my biological family and my family of choice.

Hope to see you in the Spring,

Love in Service

**Connie D.** NYN PO Coordinator

## Group Records

Happy New Year to you all!

In my last article I told you about the new designations for our meetings. I'm pleased to let you know that in the Find-A-Meeting tool on WSO are now labeled as 'Friends and Family Only' or 'Friends, Family and Observers Welcome'.

I think this may be a good time for each group to check the designation of their meeting on the WSO site and see if the group wants to change the designation or leave it as is. It's probably been a long time since your group has reviewed this.

If you would like to change your meeting's designation feel free to email me which designation you would prefer for your meeting. Please let me know your group's WSO ID # so I can find your meeting in the database. If you do not know your WSO ID # please let me know your District, group name, town you meet in, and the day and time of your meeting.

My email is [RECORDS@NYNAFG.COM](mailto:RECORDS@NYNAFG.COM). If you are part of an AIS in NYN you may want to consider updating the designations on our printable schedules.

**Patti M.**

## Attention

It has been brought to our attention that some yahoo emails have not been going through for the newsletter. If you know of someone who has not been receiving their Northern Hi Lights newsletter, please contact Patti at [records@nynafg.com](mailto:records@nynafg.com).

## Web Coordinator

Some options available on our Web Site:

- [http://www.nynafg.com/northern\\_hi\\_lights.html](http://www.nynafg.com/northern_hi_lights.html)- this link connects you to our area newsletter, the Northern HiLights.
- <http://www.nynafg.com/calendar.html>- this link connects you to our area Events Calendar. If you email me a flyer for an event, it can be linked to the date on this calendar.
- <http://www.nynafg.com/pdf/2020/sp20-reg.pdf>- this link connects you to the area Spring Convention\Assembly registration form. Also located on this page is Google maps to help you get directions to Hilton Garden Inn, 235 Hoosick St., Troy, NY 12180, where the Spring Convention/Assembly is located.
- <http://www.nynafg.com/pdf/jobDesc.pdf> - This link takes you to New York North Area Assembly Service Position Descriptions. This is a Fall Election Assembly year, where a new slate of Officers and Coordinators will be elected. I want to encourage members to think about being the next New York North Web Coordinator. Please read the job description and ask me about any questions or concerns you have.

UNITY –I have been Web Coordinator for two years and am entering my third and last year. Working together with UNITY of purpose and using our program's 12 Traditions as a guide is what service is all about. I have needed every member of New York North to help me know what is working and not working as I perform my duties, giving me courage, calming my nerves and standing beside me in a circle of peers. I am grateful to all who help make our Website a better resource for "Helping families and friends of alcoholics find hope and encouragement to live joyful, serene lives."

**Nancy P.**

# Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

Spring 2020 Districts 22 & 8  
 May 29-31, 2020  
 Hilton Garden Inn  
 Troy, NY

Fall 2020 District 18  
 September 25-27, 2020  
 Comfort Inn and Suites,  
 North Syracuse

Spring 2021 Could this be your District?? Please think about it. You don't have to do it alone, you have the Experience, Strength and Hope of NYN.

Room reservations deadline for Spring 2020 is April 29<sup>th</sup>. More information and a link to the registration form can be found on the NYN website,  
[http://www.nynafg.com/area\\_events.html](http://www.nynafg.com/area_events.html).

Still looking for hosts for 2021 and beyond. Below is a list of the convention hosts from 2010 – 2020. If your district hasn't hosted in a while, please think about it. Without you there is no convention. This month's topic in Unity. What a wonderful way to foster unity in your district and groups by hosting a convention 😊



## Convention 2010 - 2020

District	Hosted
1	Spring 2014
2	Fall 2015
3	Fall 2012, Fall 2017
4	
5	Spring 2013; Spring 2018
6	
7	Spring 2016, Spring 2020
8	Spring 2016; Spring 2020
9	
10	Spring 2015
11	
12	Spring 2017
13	
14	Spring 2019
15	Fall 2013, Fall 2018
17	Spring 2012
18	Fall 2011; Fall 2013, Fall 2014; Fall 2017, Fall 2020
19	Fall 2010; Fall 2014
20	
21	Spring 2010; Fall 2012; Fall 2019
22	Spring 2013; Fall 2016; Spring 2020
23	
24	Spring 2011
25	Fall 2010; Spring 2019
26	Spring 2018
27	
28	
29	Fall 2010; Fall 2015; Spring 2019

Yours in Service

**Kevin M.** convention@nynafg.com

### Three new meetings in the Ithaca Area

1. New: Monday, Noon, Cornell University AFG at Anabel Taylor Hall
2. New: Tuesday, 11:00 am Tompkins Cortland Community College (TC3) AFG, Student Union
3. New: Young Alateen's ( 8-12 years old) (cannot state Alateen), Saturday, 10:30 am, 518 West Seneca St, Ithaca

## Literature Coordinator

I hope that the beginning of 2020 has brought you blessings and hope for the New Year. Even though the weird weather has deterred a number of travel plans, I have been able to enjoy the company of friends and family in the holiday season. I hope you have had the chance to do the same.

Since our last submittal, I have had the chance to submit several sharings to AFG Connects about the new reader and the suggested topics for the online forum. It is amazing how we can reach out and touch so many people in the program with this technological device. I have not had the chance to participate in any Zoom meetings due to scheduling conflicts, but the rest of the members of the group have kept me in the loop. As part of my personal recovery, I published my seventh book this year on Amazon and dedicated it to my father. **Notes from the Father** is a compilation of discussions and Facebook posts that my father and I have had over the course of this past year on the subjects of spirituality, family, serenity, and faith in our Higher Power; he is listed as co-author of the book.

This month's topic is Unity. Prior to entering the rooms of Al-Anon, I believed that I was completely alone and on my own. I was going to have to face my personal struggles and endure this Hell on Earth by myself. I was on an island of despair with no hope of rescue in sight.

This year will mark my tenth anniversary since I went to my first meeting in April 2010. Since that fateful encounter with my fellow members in recovery, I have found love and acceptance from so many Al-Anon Family group members. I can pay it forward and share

my experience, strength, and hope in my Service roles as District 26 Group Rep, District 26 District Rep, and New York North Literature Coordinator. I am truly blessed and can faithfully attest that there is unity in Al-Anon.

I look forward to seeing everyone at the Spring Assembly this coming May in Troy, New York. Until then, be safe on the roads and know that you have a friend in me.

With love and thanks,

**Mike R.**

## Newsletter Editor

Unity = oneness. I definitely feel the unity and oneness at my meetings. It is so comforting to know that others understand what I am feeling and going through. We cannot get this feeling from most of our friends and family who are not in the program.

There is strength in Unity.

*"Alone we can do so little; together we can do so much". - Helen Keller*

Our Declaration reminds us "When anyone anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me."



In Service,  
**Pat H.**



## DISTRICT 6

### 4<sup>TH</sup> STEP MEETINGS

#### SUNDAYS

4 PM - St. STEVEN'S CHURCH  
25 OXFORD ROAD  
NEW HARTFORD

#### MONDAYS

7 PM – FIRST BAPTIST CHURCH  
27 BROAD St.  
HAMILTON

#### THURSDAYS

7 PM – UNITED METHODIST CHURCH  
5240 PLEASANT VALLEY  
PETERBORO

This is a productive way to do the 4<sup>th</sup> step.

#### Share ideas with many "Sponsors"

Develop a better understanding of ourselves, our strengths, weaknesses, and the AI Anon program

Move forward and maintain the recovery process

## BASKET RAFFLE SPRING 2020



*Please support our Spring Convention and Assembly with a gift basket.*

*Fill it with flowers. Fill it with literature (CAL).*

*Fill it with fun, surprises and HOPE.*

*We can also use donations for hospitality. Fruit and veggie snacks, crackers/cheese, cookies. Finger foods only, We will have water, coffee, tea and hot chocolate available. No meals will be served in hospitality per hotel regulations.*

# NYN AFG Convention & Assembly 2020

"Embracing Change" - "Discovering Choices"



May 29-31, 2020

Hosted by Districts 22/7/8

Hilton Garden Inn 235 Hoosick St.,  
Troy, NY 12180  
Hotel Reservations



**\*\*\*Room Reservation Deadline: April 29, 2020\*\*\***

To make room reservations call (877) 782-9444 troy.hgi.com  
Ask for New York North Area Convention Assembly 2020 for courtesy rate.  
Room rate: \$129 plus 11% tax - - \$143.19/per night tax included  
Check in: 3pm Check out: 12 noon

## Meeting Schedule and Events

### Friday

3pm-9pm Registration  
Dinner on your own  
7pm New District Rep Meeting  
8pm AWSC Meeting  
8p Icebreaker - Open to all  
9:15pm Al-Anon/Alateen Meeting  
9:15pm AA Meeting

### Saturday

8am New Group Rep Meeting  
9:15am - noon/1:15pm-5pm  
Assembly Meeting  
9:30am-11:45am/1:15pm-3:30pm  
Al-Anon/Alateen Panels  
Noon - 1:15pm Lunch on your own  
6:30pm Banquet  
8pm Speakers

9:15pm Serenity Walk  
9:30pm Al-Anon/Alateen Meeting  
9:30pm AA Meeting

### Sunday

8am Alateen Interest Meeting  
9:15am Summary of weekend Spirituality Panel

Raffle Tickets may be purchased throughout the day. Assembly members should purchase at lunch break. You must have tickets in baskets by 4pm. Winning numbers will be posted by 4:30pm.

## Convention & Assembly Registration Form

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Questions: Call District 22 Hotline 518-744-9231  
Al-Anon Registration before April 29 \$20 \_\_\_\_\_  
After April 29 and at the door \$25 \_\_\_\_\_  
AA Registration before April 29 \$20 \_\_\_\_\_  
After April 29 and at the door \$25 \_\_\_\_\_  
Alateen Registration \*\*\* \$12 \_\_\_\_\_  
Saturday Banquet Reservation by 4/29 \$36 \_\_\_\_\_  
Hospitality Donation \_\_\_\_\_  
Total Enclosed \_\_\_\_\_

Please make checks payable to:

**NYN Spring Convention & Assembly 2020**

Mail Registration Form and Payment to:  
NYN 2020 Spring Assembly  
PO Box 1162  
Clifton Park, NY 12065

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

Is this your first Al-Anon Convention? Assembly? \_\_\_\_\_  
Are you a new Group Rep? \_\_\_\_\_ District Rep? \_\_\_\_\_



39<sup>th</sup> Annual  
Flower City  
Fellowship Convention  
March 13th, 14th, 15th, 2020

SERENITY  
2020

Hyatt Regency, Rochester, NY

Registration Opens  
1 PM Friday & 8 AM Saturday

Special Room Rate  
Through February 24th

Please check website for details

Early Registration until February 24<sup>th</sup>

Online registration at  
[www.rochester-NY-AA.org](http://www.rochester-NY-AA.org)

## HELP WANTED !

For the 2020 New York North  
Fall Election Assembly

**September 25-27, 2020**

at the Comfort Inn and Suites on  
Buckley Road in Liverpool

**Hosted by Districts 10 & 18**

### "Service Helps Me See 20/20"

Would you be interested in helping us out?  
You and your group can help make a  
difference

And, you get back much more than you give

*Volunteer for an hour or two for the following areas  
(no registration required)*

Make a Theme Basket or donate an item for the raffle  
which raises funds to help pay for the event

Hospitality Room Volunteer to help with the ongoing  
refreshments or donations of food

Registration Help register people Friday & Saturday and  
meet your fellow Al-Anon members

Literature Help sell Al-Anon and Alateen literature and  
meet your fellow Al-Anon members

Greeters welcome and help orient members when they  
arrive on Friday & Saturday

Are you unsure of what you'd like to do but are willing  
to help out? Ask any Committee Member!

**NO EXPERIENCE NECESSARY!!**  
**FOR MORE INFORMATION, CONTACT**

Jim M.



# NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Highlights but in keeping with the Seventh Tradition of being self-supporting **a donation of \$10 per year for a paper copy is suggested** to help pay production costs.

All Al-Anon members are encouraged to subscribe to the Northern Highlights electronically.

There is no cost for an electronic copy.

Is this  a new subscription

renewal

I would like  a paper copy mailed to me (please consider a \$10 donation)

NHL e-mailed to me (no cost)

Name of person receiving NHL \_\_\_\_\_

E-mail address \_\_\_\_\_

Mailing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

### If Group Subscription

Group Name \_\_\_\_\_

WSO # \_\_\_\_\_ District # \_\_\_\_\_

### Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 2183, SYRACUSE, NY 13220

### For address changes or updates

Mail to: Group Records, 5082 Clifton Dr., N. Syracuse, NY 13212

Or e-mail: [records@nynafg.com](mailto:records@nynafg.com)

Do you know whom to contact with an AI-Anon issue?  
 Unless this is a personal subscription, this copy belongs to your group.  
 Please share it with them, and make each issue available at your meeting.  
 To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Molly C. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> Helen H. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Diane C. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Ruth S. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
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<u>Panel 28 Past Delegate</u> Mary G. <a href="mailto:mgregory@roadrunner.com">mgregory@roadrunner.com</a>	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. <a href="mailto:Wrsill533@aol.com">Wrsill533@aol.com</a>	<u>Panel 4 Past Delegate</u> Helen S.

## SENDING DONATIONS TO NYN

Please send by check or money order.  
DO NOT SEND CASH!!

Make payable to: NYN Area Assembly  
P.O. Box 2183 Syracuse, NY 13220

*Please include group's registered name and  
Group's ID Number*

## Submissions for March Northern Hi Lights

Due by: February 15

Topic: Joy

*Northern Hi Lights*  
5082 Clifton Dr  
N Syracuse, NY 13212