



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

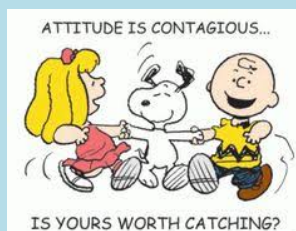
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Topic: Attitudes

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# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Delegate

This is my first article since Emily and I played switcheroo! I've dreamed of being NYN's Delegate for a long time but only after I was all grown up! I still feel like there are more unknowns about me than knowns. So hang on! We are about to go on a wild ride together! I gained access to the Delegate's area in AFG Connects about two weeks ago. I now have 93 unread emails waiting for me to parse through tomorrow. That said, I have already attended my New Delegate Orientation and have a Panel 61 meeting tomorrow (Jan. 16th). I am virtually attending the NERD (Northeast Regional Delegate) conference February 11-13 and several upcoming WSC (World Service Conference) pre-conference meetings.

Currently, the WSC will be held in Tarrytown, NY from April 25-30 with some COVID-related changes. One of these changes is there will be no exchange of love gifts. Additionally, we are unable to accept any physical mail or deliveries. Instead, WSO has asked that Areas show their love and support by sending e-card and emails to their Delegate or a donation to WSO.

One of the benefits of procrastination is being able to include late breaking information in my article.

(cont'd 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](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: 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

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)

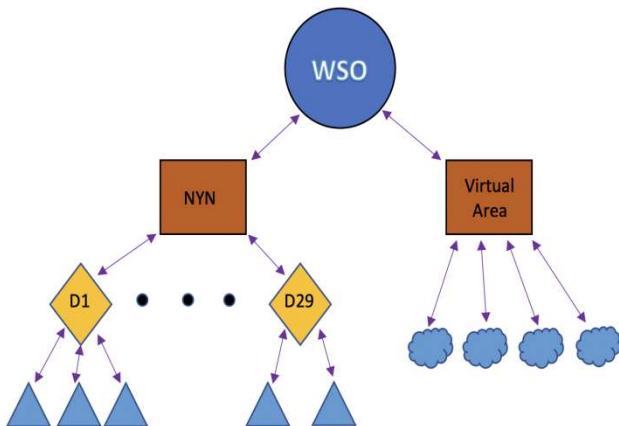
(cont'd from page 1)

Although there will be no love gift distribution at the WSO, delegates will be sending love gifts to each other. If your district wants to be part of this exchange, please mail me your love gifts by April 1, 2022 to my home address, which is listed on the last page. I will then package them up to send to the other delegates home addresses.

Delegates received an update concerning the new Area created for the virtual Al-Anon groups. Groups had until January 15, 2022 to elect a Group Representative (GR) and submit this information to WSO. These groups will participate in their first Area Assembly on January 22, 2022 with a WSO member acting as secretary. Their agenda includes the formation of districts and election of Officers and Coordinators. At my home group, we have had lengthy discussions around the Electronic Meetings in the NY North Area Service Structure Task Force's survey questions. There seems to be much confusion surrounding what exactly a virtual group is and how they fit into Al-Anon's structure. A virtual Al-Anon group is a registered group with WSO - just like all registered Al-Anon/Alateen groups. The difference is that they NEVER have nor will EVER meet at a physical location.

All virtual groups are in the virtual meeting Area. The Thought Force is asking groups to think proactively if we should allow a virtual meeting to petition to become a member of NYN. We already have a process in place for physical groups to do this. We need to consider how having a virtual group join NYN would impact us as an Area, what changes may be needed to our current procedures, etc. Ultimately, as an Area we will decide if we will allow a virtual group to petition to join the Area and any related policies and procedures.

Hopefully the image below will help with your group discussions.



This month's topic is attitude. Prior to attending Al-Anon, I would have told everyone that my attitude was perfect and it was - perfectly awful!. How to best describe it? Hum, it was consistent with that of a small child being denied something that they greatly wanted. As an aside, my daughter and soon-to-be six year old granddaughter are currently staying with me. Therefore, I'm getting a daily reminder of me, pre-Al-Anon.

Today, I try to be a decent human even when someone is oh so annoying. I try to remember that how I act is totally on me. I can decide to have a crummy attitude- think that everything sucks, that the world is against me or I can choose to accept life on life's terms. My day goes much smoother when I decide to accept life on life's terms.

It's taken me years to get to where I am today. I still have days where my attitude is less than stellar. However, when I remember the wise words that I can start my day over at any time. I no longer have to remain in a funk. The choice is mine.

**Kathi D.**

**Help Wanted**

**Still searching for a Newsletter Editor  
and someone to print and mail the newsletter to  
approximately 50 subscribers.**

## Newsletter Editor

The way I think and feel about a person or situation will help create my attitude. There are many times when I need to change my attitude to a more positive outlook . I need to really look inside to determine how and why I'm feeling the way I am or if there is some outside force or issue that's creating a poor attitude. Then I must act accordingly.

In service,  
**Pat H.**

## Public Outreach

I have nothing to report. I have not heard from any members of their projects in this area. I work in a woman's rehab center, and I had wanted to do an informational meeting about Al-Anon for the children, parents and spouses of the alcoholics who are residing here but because of the way the organization is set up, that idea didn't fly with the management. I had asked the clients if they thought their family members would be interested and got a small response. I put together a newcomer's packet and a few extra pamphlets. I am hoping that my boss will be willing to pass this information along to the clients to give to their families. I will let you know next month if that idea was approved or not.

I believe it is time to think outside of the box as to ideas and approaches to doing Public Outreach Projects. I realize that Covid is preventing a lot of the typical projects from happening, but maybe we can come up with some alternative ideas. Time for us to put on our thinking caps.

Our topic this month is Attitudes. How appropriate as I am wanting to change the Covid situation so we can get out there and get the word out. Well, we really can't. I believe the Serenity Prayer is a good tool for my attitudes. I need to accept the situation as it is, change the things I can, which is me and stay out of the gray areas that are truly none of my business. I am learning that acceptance of the reality of the situation is key to moving forward. I must keep the focus on what I can change about myself to accept the reality of any situation. What is outside of my personal space is not my business. I am also finding that acceptance allows me peace, whereas resistance creates discord in many different situations. I now want to have peace and serenity in my life even though I don't like a lot of things happening outside of my personal space. Acceptance does not mean you agree with something, it just means you understand what the situation is, in that moment.

Thank you for allowing me to serve as your Public Outreach Coordinator.  
Yours in Al-Anon Service

**Lynda (Lynn) S.**

## Group Records

I looked up the definition of attitude, and there in black and white was the definition of ME, prior to Al-Anon! The words, uncooperative, resentful, antagonistic and the position of the body could have been marked by my name. And, in particular, a settled way of thinking, truly defined my attitude before understanding the effects of alcohol in my life. It's funny, because generally I didn't hold an attitude toward anyone or anything else. Alcohol was my one bone of contention. Again, that is until I started my program and I emphasize MY defects of character and the insanity I truly portrayed for 40 years. Attitude was my frame of mind I associated with negativity, or the label of a person I resented because of his drinking. I wasted a heck of a lot of time confirming my attitude...time I could have used constructively. I wasted time and energy in an emotion I could have come to terms with in Al-Anon. Luckily it wasn't too late for me, it isn't too late for anyone! I am a living testimony that I no longer carry that poisoned attitude, but now have come to understand why I felt that way, why I acted in response to my attitude and how that negativity was useless and exhausting energy. No one criticized me for possessing my poisoned opinion of my alcoholic, but my fellowship helped me turn my opinions towards something and someone I could control....ME. I entered my program in 2015 and have made life changing attitudes. I have been blessed with the ability to share my experience, strength and hope. Respectfully,

**Joan L.**

## AAPP

So you have an attitude. How often it has been said to children or us 'you have an attitude today' or 'you'd better change your attitude'. And upon entering hotels on Friday of our spring or fall conference the sign outside the lounge says 'attitude adjustment hour' and as we walk past we laugh and nod our heads and say "yes" an 'attitude of gratitude' will do.

Prior to Al-Anon my attitude was often negative. The subconscious feeling of martyr, victim, door mat or not being worthwhile and I didn't even know I had these feelings or a negative attitude. When I worked and tried so hard to fix the alcoholic I never won. I didn't even understand alcoholism. I just felt that he drank too much.

Obviously I didn't know why I felt as I did because I was existing not living. After coming into Al-Anon I was exposed to people sharing their experience, strength and hope and the application of the 12 steps. Wow. What a wakeup call. I even heard about compassion!! That word or ability to give was not in my vocabulary.

How I feel affects my attitude. My attitude affects my behavior. At an open AA meeting I heard a person say that anger gets them in trouble and pride keeps them there. I could understand that statement. What I have learned in Al-Anon is that there are tools to use and I have choices. When feeling down it helps me get out of my slump by writing a couple of things for which I am grateful

Yearly recertification of Al-Anon Members Involved in Alateen Service (AMIAS) starts in January and for that I have a grateful attitude. It is so fulfilling to have Al-Anon folks working with Alateens. The effort to show up and be available to teens is truly uplifting. For that I am grateful.

**Mary D.**

## Chairperson

As we start the New Year there are a few changes with our Officers and Coordinators to announce. The first is a change with our Delegate and Alternate Delegate Officers. Kathi will now be taking on the role of Delegate and Emily will be the Alternate Delegate. Thank you, Kathi for being willing to step forward into this very time-consuming role while Emily cares for her new baby. This is how we support one another in Al-Anon.

I also want to announce that our Literature Coordinator position is now vacant, and I want to thank Cathleen B for her service in that position.

And, we are still looking for nominations for Newsletter Editor and someone to print and mail the newsletters. Pat H continues to keep the presses rolling while we search for someone to fill this position. Thank you, Pat!!!!

Stepping up for service is all about having a "Can Do" attitude. It's a choice I make to think positively and with gratitude when considering whether or not stand for an open position. The willingness to try and do my best is all that is really asked of me. I'm so grateful for the opportunity to learn and grow that service offers. Service has been an invaluable part of my continued recovery. It's not always easy but it is worth it.

**Carol C.**

## Presentation Coordinator



This topic was bouncing around in my head for a couple of weeks now and I was unsure of where to go with it. Then in the past few days I became aware of how much my recovery in Al-Anon depended on a change in my attitude. Our meeting opening states "so much

depends on our own attitude". I have discovered that when I feel nothing is going right a gratitude list helps me refocus my attitude on the positive things in my life. Maintaining an "attitude of gratitude" helps me in my attempt to be a better person.

Attitude is a little thing that makes a big difference!

**Patti M.**

## Alateen Coordinator

**Attitude.** In Al-Anon we say that "changed attitudes can aid recovery". When I first came to Al-Anon I wondered why and how I was going to change my attitude. I was not the one that needed to change. I soon discovered that a changed attitude helped me to accept my powerlessness and I began to see what I could change. Then Al-Anon gave me the Steps, the slogans, literature, a Higher Power, a dedicated Sponsor and other peoples' experience, strength and hope. With the use of these tools I was able to make the necessary changes to my attitude in order to strengthen my recovery. My Sponsor shared with me how she keeps a positive attitude. She does this by reframing things or looking at things with an open mind. My Sponsor encourages me to reframe things and to actively practice gratitude. Writing down a gratitude list during the holidays and sharing it with her has helped me to realize all the little things for which I am truly grateful.

If you would like the opportunity to provide an environment for a group of teens to share their gratitude in order to promote positive attitudes then Alateen service might be for you. Contact Mary S. at [alateen@nynafg.com](mailto:alateen@nynafg.com) for information on how to begin service in Alateen as an AMIAS (Al-Anon Member Involved in Alateen Service). Or join us at our monthly virtual meetings that can be found on the NYN website's Event Calendar.

Together We Can Make It,

**Mary S.**

## Treasurer's Report

Thank you everyone. There were a lot of donations over the last two months, and I paid two bills, details below.

Group Name	Group Number	Amount
Monday Night Serenity	10167	\$ 75.00
We are not alone adult children	38151	\$ 69.31
Women's 12 @ 12 AFG	66032	\$ 50.00
Thursday Night Survivors	502903	\$ 75.00
Monday Serenity	64623	\$ 50.00
Progress not perfection	30606210	\$ 33.00
Penn Yan AFG	10187	\$ 50.00
Healthier Days Ahead		\$ 75.00
Wednesday Morning Step	9612	\$ 30.00
Courage to Change	63806	\$ 25.00
Calm in the storm	30503839	\$ 50.00
Living Today AFG	32150	\$ 35.00
Serenity on Saturday	64625	\$ 29.50
Beginning Today AFG	60706	\$ 50.00
Greece AFG	10236	\$ 20.00
Cortland Thursday Night AFG	9696	\$ 50.00
Keep it Simple	66906	\$ 45.00
Wednesday AFG	30669070	\$ 25.00
Let it begin with me AFG	30702163	\$ 15.00
Spiritual Awakening AFG D19	27134	\$ 75.00
Eastside AFG	9722	\$ 25.00
Amherst Family Group	9577	\$ 25.00
Days of Healing AFG	40786	\$ 30.00

Date	Expense	Amount
12-20-221	P.O. Box Annual Fee	\$ 134.00
1-3-22	John O. –Print & Mail NHL	\$ 48.00

Some mail continues to be sent to the old address in Syracuse and then forwarded to Rochester.

The current NYN mailing address is:  
**NYN Area Assembly**  
**P.O. Box 64176**  
**Rochester, NY 14624.**

*Generosity brings happiness at every stage of its expression.  
 We experience joy in forming the intention to be generous.  
 We experience joy in the actual giving something.  
 And we experience joy in remembering the fact that we have given.*

- The Buddha

**Betty G.**

40th Annual  
 Flower City Fellowship Convention  
 February 18–20, 2022  
 Hyatt Regency  
 Rochester, NY  
 Check website for details.

*Journey to*  
**JOY**

**REGISTER TODAY!**  
 Early registration rates through 1/14/2022. Registration ends 2/4/2022.  
[rochester-ny-aa.org](http://rochester-ny-aa.org)





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There is no charge for a subscription to the Northern Hi Lights 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.

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### For address changes or updates

Mail to: Group Records, 135 Berry Road, Fredonia, NY 14063

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

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 Unless this is a personal subscription, this copy belongs to your group.  
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<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.

PANEL 61 2021-2023

**Submissions for  
March**

**Northern Hi Lights**

Due by: February 15

Topic: **Keep Coming Back**

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