

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

Inside This Issue

Topic: Hugs and Acceptance

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Northern Hi Lights

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

Greetings, NYN,

Our topic this month is "Hugs and Acceptance." As I sit here writing, I am reminded of Alateens and NYNAC, their "Hugs for Healing" Circle.

For many years I did not participate in this event because I was afraid that it would stir up emotions that I was not ready to deal with. On my last year of service as NYNAC Coordinator, in 2011, I was led by my Higher Power to participate in the Circle. I felt the unconditional love and support that the teens and sponsors gave with just hugging me. I do believe that this was the beginning of my feelings of acceptance of myself as a human being, and of the people in this program who said they loved me! Thank you Al-Anon and Alateen for this lovely spiritual gift. I just received a copy of the 2016 Board of Trustees letter and some of the things they discussed are as follows:

The 2016 World Service Conference theme is "Realizing Our Spiritual Potential."

As noted on page 210 of the *2014–2017 Al-Anon Alateen Service Manual*,
(Delegate continued on page 2)

Mission Statement

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com
When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your *2014 Service Manual*). **Announcements should be submitted at least 6 weeks before event.**

Subscriptions: Suggested donation of \$10/year when possible (see back page):
All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

(Delegate continued from page 1)

“This [Nominating]Committee aids the Trustees in discharging their prime obligation to see that all vacancies within the Board of Trustees or its Executive Committees are filled with those of the greatest possible competence, stability, and industry.” The list of nominees is presented to the World Service Conference for traditional approval of Regional Trustees, Trustees At Large, Board Officers, and At-Large members of the Executive Committee for Real Property Management. The Board is looking forward to visiting with AI-Anon and Alateen members who attend the “Meet the Board” event in Fayetteville, Arkansas on October 22, 2016. They discussed the effective communication using **AFGCONNECTS**. They were excited that those service leaders who have access to it (DRs, Area Officers and Coordinators), are embracing the discussion threads. They hope all members that have access to a community on **AFGCONNECTS** will continue using this valuable resource to share concerns and experience with others in the same community. Unfortunately, at this time it is not available to the general membership. But we will do our best to keep all members informed.

The Question they presented to us is: **What is your Area doing to celebrate AI-Anon Family Group’s 65th anniversary** Because we have not discussed this yet I do not have an answer, but will ask you all for suggestions, and will bring it up at the AWSC meeting in April. It would be nice to know we celebrated in a way that will continue to help make AI-Anon be a viable source of healing for those who continue to need it.

I am preparing to attend NERD and will be presenting a timely topic item to discuss with other delegates about the problem with attendance at Area Assemblies. These are the items that I want to present:

1. Some districts do not have district representatives, so there is no one to carry the information back to the group representative in these districts.

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2. Many groups have only a Current Mailing Address (CMA). CMA’s do not feel the need to attend assemblies. This creates problems, because decisions for our Area are made and voted on by the group representatives attending that Assembly. When only a small number of groups make decisions that affect our whole area, we are not being a representative body of service. We find that many of these groups that are small have very little contact with each other. and very few years of recovery in them. They don’t know the importance of our Legacy of Service.

My concern is that by WSO projecting the need for groups to have only a CMA in order to receive information, that groups do not feel the need to form the Links of Service.

I will share with you any ideas we receive that can help us to solve this issue. AA

I would also like to ask any groups or districts that are considering making or giving **Love Gifts**, to be shared with the delegates at the World Service Conference, to please let me know ASAP. If your District doesn’t want to, or can’t do this, please consider giving a monetary gift to WSO instead. Contact me for information on ways of doing this. Together we can do it!

Diane C.

Immediate Past Delegate

Dear NYN Friends,

I have some good news to share. We have our contract for the 2016 New York State Fair. This year we will be located in the Science and Industry Building. This is great; we will be located with other 12 Step Programs and other health related exhibitors. We should have a lot more foot traffic around our booth. Keep in mind the Fair will be held from 8/25/16-9/5/16. We will need many volunteers this year. The Fair Committee will have a short meeting at the AWSC meeting on April 2nd.

This month’s theme is “Hugs and Acceptance.” I am very grateful to John for the explanation of what he had in mind with this topic. I was having a hard

time fitting the two together. I wasn't thinking of how well I have been accepted by Al-Anon and all the hugs that has brought me. I was focused on how I have to accept. Isn't it funny how we can get stuck.

For me the best affirmations have been when I am sharing and I look around the table and see others shaking their heads in understanding. For so long I felt so alone, that I knew no one would ever understand what I was feeling or understand why I acted the way I did. Just knowing that others have been there and done that has been a great gift for me.

What can I say about the hugs? I love them!!! I can be a little shy and stand back sometimes. You never let me get away with it. You always come up and give me that big hug I am craving. I never walk away from a meeting feeling that I am not loved and accepted. Thank you all.

Gratefully in service,

Ruth S.

Area Chairperson

Hello NYN,

I'm still in the process of setting up the committee meetings for the AWSC meeting on Saturday, April 2nd at the North Syracuse Education Association (NSEA) 210 South Main Street, North Syracuse 13212. The meeting will be held from 12 noon until 4 pm with breakout sessions before and after the main meeting. I recently heard that the English Montreal Al-Anon Convention is looking for speakers. It sounds like a great opportunity for anyone interested in participating. The link to the registration flyer

is <https://emacmontreal.files.wordpress.com/2013/04/2016-emac-flyer.pdf>.

The topic this month, Hugs and Acceptance, scared me at first, since when I first came to Al-Anon, I was untouchable. I felt insignificant and unworthy of love. I arrived at the meeting at the last minute (or late) and left immediately after the meeting ended in spite of the coffee and snacks available

after the meeting to encourage fellowship. The one action that rescued me at that time was a member who always called out to me as I was walking out the door, "Bye Susan. See you next week." That small gesture opened a spot in my heart that gradually let in a little more warmth and light. In jotting down some notes on this topic, I wrote, "Fear creates an obstacle. Love creates an opening." When a hug is offered to me today, I first hesitate because I still retain a little fear from the past. I know that we are all on the same path called life and recovery. Today, I am still a little prickly and am working on accepting hugs without hesitation. It's a process that I often need to hold up to the light of the Twelve Steps to find my way. Confidence helps. Judging hinders. See you at the AWSC.

Susan A.

Newsletter Editor

I picked this topic because I realize how important being accepted is to me, and also know how much a hug can mean to me, and others, whether they are newcomers to Al-Anon, or a relative who is having a hard time.

Just recently at a meeting, a mother was having a hard time dealing with her dilemma, and was an obvious candidate. She thanked me for hugging her, and I knew it was the right thing to do.

Whether it is my granddaughter of nine, or mother-in-law of ninety-four, I know we all can use a hug.

If we offered every newcomer a hug, would more return to our meeting? I betcha!

John O.

- Relationships

Alateen Coordinator

I hope that everyone is doing well and enjoying this beautiful winter weather. It has been over two months since you've heard from me. I want to start by saying thank you for all of your prayers; my mom is healing but very slowly. Since my last article I am happy to announce that we have two new Alateen groups being established, one in Auburn and the other in Rome. I will keep you posted on their status. I am also happy to announce that the Massena Alateen group has six members attending each week.

At NYNAC we held a workshop where we met with the teens in one room and the sponsors in another. I came up with three questions that we posed to both groups:

- What is working in Alateen?
- What is not working in Alateen?
- Where do we go from here?

My goal was to see where we differ between teens and adults. It was very interesting to hear the responses. I thought that I would share them with everyone. I feel it's important that we all understand how our teens and sponsors view the program, their thoughts about its structure and guidelines. This month I am listing what both groups think is working in Alateen.

What's Working With Alateen (Teens & Sponsors Agree)

- Communication
- Hospitable
- Balance of fun & seriousness
- Learning to use:
- Steps & Traditions
- Brags & Drags
- Doing outreach in areas with no Alateen including AA & Al-Anon
- Social Time
 - Fellowship & Friends

What's Working With Alateen/ Areas Where Teens Responses Differ From Sponsors

- Acceptance
- Support from teens and sponsors
- Welcoming newcomers
- Readings & Books
- Able to attend NYNAC
- Adapt & willing to change
- Sponsors who are considerate & listen
- NYN Officers & Coordinators who listen
- Listening to panels at conventions
- Courage
- Safe place to share and meet.

What's Working with Alateen/Areas Where Sponsors Responses Differ From Teens

- AA, Al-Anon and Alateen all meeting at same time and location.
- Healthy Teen-Sponsor Ratio
- Alateen is not the same as Al-Anon
- Include kids under age of 12
- Create list of topics with teens
- Teens can attend Al-Anon meetings
- Have Al-Anon do an Alateen meeting
- World Service Guidelines for AMIAS's
- Alateen Sponsors having their own sponsors
- Back to Basics/Focusing on Kids.
- Having structure in meeting (Format)

I want to thank Mary Beth G., Camillus Alateen Co-Sponsor, for helping me to compile the results. Next month I will list what is not working. I feel that this is a great way to move forward in developing a stronger Alateen presence in NYN. I want our teens to be a part of this process because this is their program and we need to make sure that they feel comfortable and welcomed.

Love you all,

Walt S.

Public Outreach Coordinator

Hi Everyone,

- March 4th is Lois W.'s birthday and a perfect time to get together with fellow Al-Anon members for a viewing of the AV-1 and AV-24 videos, recently released on DVD. For more information, and to schedule the DVD's for a week's rental during a time that is convenient for you and based on availability, download the **S-35 order form** for AV-1 and AV-24 from the Al-Anon Online Store, and mail or fax to WSO. Please place your order three weeks in advance of when the DVD's will be needed. Also, remember to "**forget**" a piece of our public outreach information somewhere in your community.
- A reminder that April is "Alcohol Awareness" month. Last year many of us asked our libraries if we could set up a display using our Al-Anon literature and our outreach materials. I'm hoping we can have greater participation this year.—Will you help?
- A couple of events took place recently in Rochester. Brian O., our public outreach chair for Rochester AIS, along with other Al-Anon members, did a half hour presentation for 30 professionals at a treatment center. Fact Sheets for Professionals, Alateen information and meeting lists were made available. Brian brought his daily readers, and mentioned that our literature can be ordered online. The audience seemed genuinely interested. Our members answered many questions about what Al-Anon is and is not. (Several of the professionals didn't realize that members of AA could attend Al-Anon.)
- Another event took place at a health center where approximately 125 people were in attendance. Our outreach materials were made available. Brian sent "Thank you"

notes to both the treatment and health centers. He will be notified of upcoming events.

- In Albany on April 18th there will be a health fair at St. Rose College. We have been invited to participate and I am in touch with the public outreach chair of District 8, Deb. W. as well as Kevin, the DR for District 8, and Bob, the DR from District 7. I've been told that about 400-500 students will be attending.

Recently I received, through e-communities, information about the new "road sign design for local adaption." If you go to the members' website and click on public outreach and then click on tools and scroll to the bottom of the page you will see it. Please remember that we need to get final approval from WSO regarding any sign or poster that we put together. Let me know if I can be of help.

Thanks John for our topic this month, "Hugs and Acceptance." As you have said "Hugs can be a symbol of acceptance and being accepted is so important to all." I agree with you, it feels good to be accepted by others and to reach out to others by giving a hug. For me it says; "I care about you and I'm glad to see you." Sometimes though, the body language of a person says "no hug" and I respect that. There are other ways to let someone know that one is glad to see them.

Something else I was thinking about was my wanting others to accept me before I accept myself. This certainly was the case when I came to Al-Anon: people pleasing, no conflict, go along with, no trouble. Today it is more important for me to be true to myself than to have others approve of me. I like the reading in *Courage to Change*, page 261, as it speaks to the need for balance between the desire to be accepted by others and the need to be true to oneself.

Please keep me informed on what is happening in your area!

Together we can make a difference.

Pat H.

Group Records Coordinator

Hello NYN,

This month it has become clear to me that the duties of the Group Records Coordinator are not understood. People have sent me information for their groups and somehow think that is going to magically change their schedules with the different AIS offices, or any printed schedules that are produced either on websites or in printed form, the New York North website and the World Service Office. Any locally kept meeting lists, from an AIS for instance, are not my responsibility. I am only responsible for keeping the records up to date for information I receive from the groups and WSO. Once a month I have begun to send Molly, our Web Coordinator, a change log so she can update the New York North website listings of where to find a meeting. When I get a new GR update with an email address, I add them to the electronic subscription of *Northern Hi Lights*. Maybe this is an area that needs further discussion, so I am asking all who read this for feedback. To me the two things we need to work on as an area are

Communication and Education.

Our topic this month is hugs and acceptance. This is a great topic. I was feeling poorly about myself as I felt I was a failure, when I came into AI-Anon. I was the first person in my family to get a divorce and everything else came crashing down. The first group I went to was in Virginia. The ladies there taught me how to hug and really mean it. They were able to love me until I was able to love myself. This is an important tool that AI-Anon has provided for me. Feeling a part of a community is what was missing from my life at the time. Being accepted and hugged, and realizing that I was not alone, helped me grow into believing again that I was a worthwhile person.

Love in Service,

Lynda S.

Archives Coordinator

Hello from the Archive,

Not much going on, so I've been spending time preparing for the 2016 Spring Assembly/Convention in May. I hope many of you can make it there. It's always a good time. The first thing that comes to mind when I think of this month's topic "Hugs and Acceptance," is the three A's: Awareness, Acceptance, Action. So much of my life was spent becoming Aware of something external (nothing actually about me) and jumping right into Action, to "help" or "fix." This program has taught me to stop after the Awareness and accept what is going on first. I need to look at my feelings and accept what is going on with me, accept what is my part, Accept what I can and cannot change. It offers me clarity on the situation so I can stay out of what is not my business, and helps me to do my HP's will, not my own.

I have also gained Acceptance of others. My way is not always the best way, nor (shockingly) am I always right. I Accept others have things going on in their lives and doing the best they can, so their treatment of me is not personal. I don't have to Accept unacceptable behavior, but I don't need to react defensively, contributing to the situation. Awareness, Acceptance, Actions are some of the huge gifts I have received from AI-Anon. (And I am always up for a hug 😊)Yours in Service,

Kevin M.

AWSC Meeting Agenda

Committee Meeting Times:

State Fair: 11:00-11:30

Finance: 11:30 -12:00

AWSC Meeting: 12:00-4:00

Support for Officers and

Coordinators: 4:00-4:30

Alternate Delegate

Dear NYN,

Attention all Group Representatives: As the NYN Area's *Forum* Representative, I would like to draw your attention to the letter from Al-Anon's World Service Office (WSO) that appeared in the last issue of *Northern Hi Lights*, in which WSO informed us that they will no longer be providing free monthly copies of *The Forum* to groups after March 2016. This is due to "decreased literature sales and increased costs."

In order to keep receiving *The Forum* after March, 2016 each group will need to send in a yearly subscription request for \$11. This form can be found on the last page of each *Forum*. Subscribe now to be sure your group does not miss a single issue of this great little magazine, full of sharings from members around the world and helpful Al-Anon tools. If your group simply cannot afford the subscription cost, perhaps your district could help out? In addition, individual members can subscribe electronically for \$1.49 per issue and access the magazine by smart phone or other device.

My job as Alternate Delegate, to welcome new groups to Al-Anon, has been very quiet. I have not received notice of any new groups yet this year.

On Topic: 'Hugs and Acceptance': When I first came to Al-Anon, I felt like an outsider. I simply could not figure out how to accept myself or others. I had the usual 'ism' symptoms of being critical, judgmental, and fearful. I felt either superior to - or inferior to - others, never an equal.

In the beginning, I made sure to scoot out quickly after each meeting in order to avoid these painful feelings. I started to convince myself that I couldn't belong to this group either, when one member started to give me a hug after each meeting and say a few words to me. This gave me enough hope to keep coming back.

Then, at my first Assembly/Convention as a Group Representative, those old feelings of being separate came back, because I didn't know very many people there. Luckily, that same member noticed I was in pain and took a few minutes to ask if I wanted to go somewhere quiet and talk. For the first time I remember, I did not feel invisible anymore!

We never know how powerful our simple gestures of kindness can be to those still hurting from the effects of Alcoholism. Thank you Al-Anon

members for your Hugs and Acceptance: You (and they) are the true revolutionaries, and have saved me from a life of pain and separation. My heart is filled with gratitude.

Gwenne R.

Area Secretary

Hugs and acceptance. After my first few months attending Al-Anon meetings I discovered that hugs and acceptance were part of the recovery process in the rooms. I found that what I said in meetings was accepted for what it was. There was no judgement. There was no, "you shouldn't feel that way," or "you should feel this way." The people in the meetings allowed me to feel the feelings, discuss those feelings, to share my thoughts and to be who I am. No one judged me. They knew when I needed a hug and offered those hugs freely. When people told me thanks for sharing, at first I thought they were just trying to be polite. Then I figured out that they really were thankful for what I had to share. I too was thankful for what they had to share, and continue to be thankful for my fellow Al-Anon members and their heartfelt, honest sharing. I learned that if they didn't like what I said in the meeting they were free to take what they liked and leave the rest, and so was I. Last month's article was about the rewards of service. One of those special rewards is that others accept me just the way I am. The unconditional acceptance by others in the program has allowed me to change, and to be accepting of others and their individuality, in all of my affairs. Now that's a true gift of the program. Thank you Al-Anon and thank you Al-Anon members for accepting me for me. Together we can make it.

Pam A.

Treasurer's Report

Hello, NYN!!

Hope all of you are keeping warm during these VERY COLD winter months!! The rooms of Al-Anon are always warm!! Since our last Newsletter, the following donations have been received:

Group Name	Gr #	Amt
Mon Noon Canan	24271	\$ 30.00
Circle of Grace	30590270	100.00
Faith & Hope	30375	23.40
S'wedge Ser Skrs	30646347	10.00
Penn Yan	UNK	50.00
UNK	9763	45.00
Mon Chittenango	9677	10.00
Tues Noon Courage	48141	10.00
District 10	n/a	100.00
Tues Bemus Pt	30524821	45.00
Wed Seren Seekrs	501783	10.00
Growing Circle	63365	25.00
Voorheesville	10366	25.00
UNK	9765	30.00
Serenity Seekers	30576552	25.00
Fly Rd Mon	30529340	50.00
Sat Simple Begg	44964	50.00
Fall Ass'y Proceeds	n/a	1594.38
UNK	9676	20.00
Small Steps	32360	55.00
District 3	n/a	40.52
Mon Noon Canan	24271	30.00

There was ONE paid subscription to NHL.

NYN has paid the following expenses since the last Newsletter:

2016 Fall Ass'y Seed \$	\$1000.00
½ NYS Fair Booth Rental	149.40
Diane C (NERD & pers exp)	576.60
2017 Spring Ass'y Seed \$	1000.00

Thanks to all of the groups and districts who sent donations!! Keep them coming...this is how it works!!

Don't forget to include your GROUP NAME as well as GROUP # !! Thank you!!

Current balances are as follows:

Checking Acct	\$12,905.80
Reserve Acct	8,822.90
Sage Ruddy Mut Fund	2,700.26

This month's topic is Acceptance and Hugs.

I have to say that the rooms of Al-Anon and Alateen are havens where acceptance of me--even at my very worst-- is unconditional. I hope that I am able to show that unconditional acceptance to other members as well. It is SO important to have a place to come where I can just be ME, just as I am, without pasted-on smiles, and a perfunctory, "I am FINE!" Of course, most of us know how FINE can be defined.... But to be able to let down appearances that have to be maintained in the outside world is one of the biggest and best gifts that Al-Anon has to offer!! And for that, I will always be grateful!! And speaking of gifts that Al-Anon has to offer, let me not forget that great big HUG!!!! There have been meetings I have walked into and just melted into the hug that greeted me! In those arms, I could start crying or just be so happy to be in a meeting where nothing was expected of me but to be there. I am a HUGGER (as most of you know), and I am just in awe at how powerful one simple hug can be!! And the Alateen Healing Hugs is a truly phenomenal, emotional event. Keep those HUGS coming!! And don't forget that unconditional acceptance....

Hugs,

Linda A.

Donations should be sent by check or money order. DO NOT SEND CASH!! Make payable
 NYN Area Assembly, PO Box 398,
 Morrisonville, NY 12962

Add Group's registered name and Group's ID
 Number (Very Important)

Convention Coordinator

Spring is just weeks away. At my house we have barely had winter, but who's complaining? Before we know it, hopefully, y'all will be traveling to Albany. Districts 7 and 8 members have been busy getting ready for your arrival May 13 to 15 at The Desmond Hotel. It is a big job to plan and host a NYNAFG Assembly /Convention, but when all the groups in the District join in and do their part.... WOW....it can be FUN and the task is not sooooo overwhelming.

District 22 is on schedule with plans for Fall 2016 and District 12 has Spring 2017 covered, and District 18 has Fall 2017 covered. Everybody is busy, and hopefully having fun making plans for your arrival at their "home."

I hope some of you are thinking about saying "YES" to hosting the 2018 Spring Assembly/Convention. Hmmmmm, where have I not been in NYN? That's how this transplanted Texan has gotten to know how beautiful New York is.

And now, once again our Editor, Mr. John, challenges us: "Hugs and Acceptance" I have always been a hugger. Coming into Al-Anon I had to learn how to ask, or at least be sensitive to other people's signs of not wanting me to touch them. For me this has been hard. Just the light, warm touch of another, has always said so much more than the words often spoken. "I feel your

pain," "Your worries," "Your confusion," "Your fear," "Your loneliness." A hug, for me, says all that and more. "You're not alone," "Time heals," "Thank you," "This too shall pass," "Keep coming back." But I have learned to accept in Al-Anon that for many the touch of another person has not always been welcomed, and for some it takes a long time coming to Al-Anon to believe it is a safe environment in which to share and maybe hug. As I keep coming back through the years I do feel your acceptance of me, just as I am, with each hug.

Thank you.

Love y'all,

Nancy H.

Article Deadline

for April 2016 *Northern Hi Lights*
is March 15, 2016.

The topic is "How can we promote
service in our district?"

Around New York North

District 5 will be hosting a Day of Fun & Fellowship on Saturday, April 16, 2016 in Plattsburg

Theme: "It's All About the Steps."

We invite you to join us experiencing the wealth of information wrapped up in the AI-Anon Steps. 8:30 – 9:15 we begin with registration and socializing, followed by a workshop, a speaker, lunch (\$6.00 donation covers lunch), another workshop, pass the basket donations, 50/50 and basket raffles, followed by a closing activity at approximately 2:45. Join us for the whole day or part of the day. Reservations are NOT necessary.

District 2 will also have a Day of Sharing on April 16th, from 10AM to 2PM, at Gates Presbyterian Church, Wegman Road, Rochester. The theme is "Relieving Stress in AI-Anon."

The 36th Annual Tureen Supper, a fundraiser for Rochester AIS, will be held Sunday, March 13th, from Noon to 4 PM at Guardian Angels Church in Henrietta.

Up North in the Toronto Ontario area, the AI-Anon Alateen Trillium weekend will take place from May 6th to 8th. The theme is; "The Family Disease of Alcoholism." You can pay your registration fee (\$35 Cdn.) with a cheque or Paypal!

"Nitty Gritty East AFG." Meets Wednesday at 5:30 PM at St Paul's Episcopal Cathedral, 310 Montgomery Street in Syracuse. Come early for guaranteed entrance.

Presentation Coordinator

Hugs are something I've learned to accept. I'm not a cuddly person and I don't like anyone in my space so it took a while to understand that AI-Anon hugs are okay, even occasionally nice, although I do need to be asked first. To be honest, I'm usually moving too fast to bother with hugs, which brings me to the Acceptance topic: I've been learning acceptance because I got pneumonia for Halloween...and Thanksgiving...and Christmas....

I'm finally better, but you can bet I was doing some heavy-duty acceptance about how much sleep I needed and how many activities I couldn't do.

The interesting thing is, while I was recuperating, I got to learn about doing stuff sloooooooooooooooooowly. My HP allowed me to figure out that if I tried to do things at my normal pace, I was going to crash and burn. Then HP helped me learn to do things one at a time. I didn't multitask. I just did the thing in front of me. For instance, putting on my socks took five minutes, and that was all I was doing. It drove me BONKERS. Then I started to get some acceptance about the whole deal and found that there's something kind of peaceful and meditative about being that slow. I started to notice light, texture, sounds, and other details that I usually just skip right over, whether I was putting on my socks or brushing my teeth or just sitting down for a rest.

Now that I'm better I'm trying to remember to keep the pace slow. It's super difficult because as usual there's a ton of stuff I'm totally psyched to do. But that lesson in acceptance was a big deal. Accepting the human paces around me gives me the chance to dawdle, to notice things, to feel what it feels like to be a human being in the world, rather than an over-caffeinated hyperspace flying squirrel with spring-loaded sneakers. Sometimes I even slow down enough to give or receive a hug—but please ask first.

This Assembly you will not even believe what you are going to learn about the Concepts during the Presentation. No spoilers.

In Service,

Sarah R.

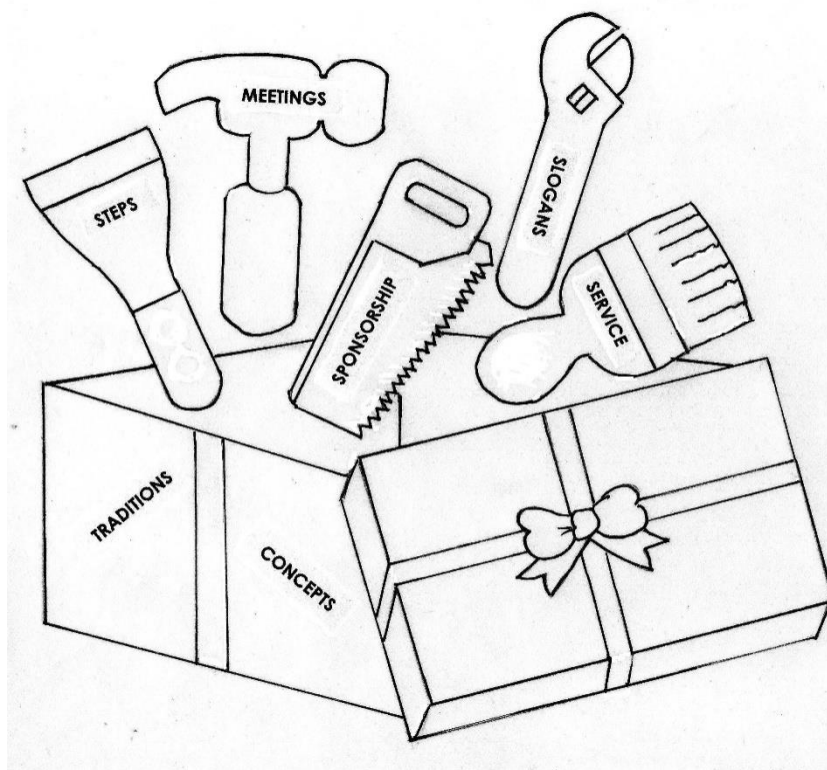
Program and Banquet tied with a bow!

Celebrate our 65th birthday and receive the Gifts of Recovery. We've planned a program full of AFG tools and have a banquet speaker from the Capital District you won't want to miss.

Register early at early bird prices before April 15th

Registration Form: http://www.nynafg.com/area_events.html

**Gifts of
Recovery:
using
the Tools
of the
Program**

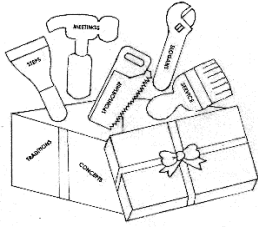


NYN AFG 2016 Spring Assembly

Gifts of Recovery: Using the Tools of the Program

Friday May 13 – Sunday May 15, 2016

Hosted by Districts 7 and 8



The Desmond, 660 Albany Shaker Rd, Albany, NY <http://www.desmondhotelsalbany.com/>

Room Rate: \$124.26 (\$109 per night + 14% tax rate subject to change)

Check-in: 4pm, Check-out: Noon

Directions:

- * **From the North:** I-87 South to Exit 4, left at first traffic light, right at second traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the South:** I-87 North to Exit 24, continue on I-87 North (Adirondack Northway) to Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the West:** I-90 East to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- * **From the East:** I-90 West to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.

Reserve your room directly with the Desmond using either of the following methods:

Telephone: 518-869-8100 or 800-448-3500

Please reference “2016 AFG Convention” when making your reservation, and be sure to notify the hotel of any special needs you may have.

Online: <http://bookings.ihotelier.com/bookings.jsp?GroupID=1426780&hotelID=12446>

ROOM RESERVATION DEADLINE: April 26, 2016

NYN AFG 2016 Spring Assembly Registration Form

Advanced Registrations MUST be received by April 15, 2016

Please complete a separate registration form for each person attending. Mail completed form with payment to:

AFG District 8, PO Box 14313, Albany, NY 12212-4313

Name: _____

Address: _____

City, State, Zip: _____

Phone Number (with area code): _____

Email: _____

Are you a: New GR New DR

New member of Al-Anon/Alateen (<1 year in program)

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

Registration fees:	On or before	After
	04/15/16	04/15/16

- Al-Anon \$15 \$20
- Alateen* \$12 \$12
- AA \$15 \$20
- Buffet Banquet \$32 \$37

Donations:

Hospitality Room \$ _____

Total Enclosed: \$ _____

Make checks payable to NYN Spring 2016 Convention

Do you know whom to contact with an Al-Anon issue?

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP

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> 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
<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
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<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R.	<u>Panel 46 Past Delegate</u> Robert M. C.	<u>Panel 43 Past Delegate</u> Connie D.
<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 M. (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.



Northern HiLights 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 HiLights 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

Name _____

Title (GR, Sponsor, Individual, DR, etc.) _____ E-Mail Address _____

Address _____ Phone () _____

City _____ State _____ Zip _____

If Group Subscription, Group Name _____

WSO# _____ District# _____ If sent to address other than above, please include that name and

address, WSO#, in writing on another piece of paper. Mail address changes and updates to: Group Records, 68

Boulderwood Drive, Queensbury, NY 12804, or Email: records@nynafg.com

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68 Boulderwood Drive
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