



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

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Topic:
"Together We Can Make It"

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NHL Editor: *Gwenne R.*
Proofreader: *Michael R.*
Web Proofreader: *Connie D.*

Northern Hi Lights

*Al-Anon News from
New York North Area, Panel 58*

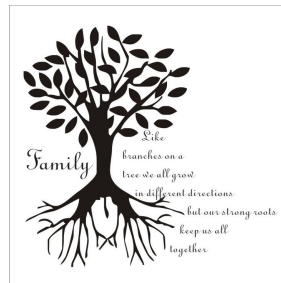
SAVE THE DATE

MAY 4 - 6, 2018

Hosted by Districts 5 & 26

NYN Spring 2018 Assembly and Convention

OUR AL-ANON FAMILY



FIND YOUR ROOTS



SPREAD YOUR WINGS

AT THE HIGH PEAKS RESORT, LAKE PLACID, NY

NHL 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 and 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 your Service Manual for more information). **Announcements should be submitted at least 6 weeks before event date.**

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 there are 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

NYN Chairperson

Dear NYN Friends,

I am asking all of you for help. We are facing our first challenge for Panel 58. The *Northern Hi Lights* editor has resigned her position. Without an editor, no *Hi Lights* can be published. This is the tool that the Area uses to get information out to members of New York North.

Right now, a past editor, Gwenne R., has stepped up to edit and publish the newsletter for March and April. She will not be taking on this position permanently. We need to begin to look for a new editor. I am hoping that someone will read this article and be called to step forward.

If you are at all interested in this position please read the job description on the NYN website, www.nynafg.com. On the website click on Area Information & Forms. About half way down that page you will find NYN Area Officers/Coordinators Service Positions. Click here and you will find the requirements and duties of the Newsletter Editor.

This is where the theme for the month, "Together we can make it," and this appeal fit together. There are a number of NYN members who are there to help the new editor. Past editors are here to share their experience, strength and hope with this position. The Area tech person is here to help with the technical aspect of this job. There are other members who are there as proofreaders.

The job of editor is not one where you are all alone; with the help of many, the newsletter gets published. Without an editor, no newsletter can be published.

We will be talking about this position at the March 24th AWSC meeting. Please take a minute, review the position duties, talk about it with other members. I really hope someone will be moved to step forward.

Gratefully in Service,

Ruth S.

Newsletter Editor

Thank you all for your confidence in me in allowing me to fill in until the right person steps forward to accept this wonderful growth opportunity. I think it is one of the most creative NYN service positions (other than Presentations of course). If you like working with words and layout and being in control, this position is made for you! (Or maybe you don't know yet that you like these things until you try it.)

Gwenne R.

SENDING DONATIONS TO NYN

*Please send by
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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***

Panel 58 NYN Delegate

One of the greatest things for me about Al-Anon is that I am **never** alone. When I have another person beside me, at a meeting or on the other end of a phone, I can face anything. Together we can make it.

I have a week until the NERD (North East Regional Delegates Conference), March 9 – 11, 2018. It is my “getting ready for” the WSC (the World Service Conference) -- THE big one! NERD is a place for me to “learn the ropes,” to discuss timely topics in Al-Anon and to hear the Regional Trustee’s report. I have a travel companion and fellow conference attendee – Diane C. Together we can make it. I have an opportunity there to meet other delegates before WSC, so I won’t be alone. Together we can make it.

Updates from WSO include:

- A commemorative edition of *One Day At A Time in Al-Anon (ODAT)* (B6): including a bookmark, front cover indicating 50th Anniversary, a limited print will first be available at the 2018 International Al-Anon Convention. A bookplate to be offered only at the 2018 International.
- Check out “Trustee Letters from the Heart” appearing in this year’s issues of *The Forum*. I’ll have the opportunity at the AWSC in March to report on NERD and prepare for WSC. Together we can make it. NYN, thank you for your help.

Peace ...**Molly C.**



Immediate Past Delegate

The topic this month is “Together We Can Make It” and as my life has taken a turn that I was not expecting, this has proved true for me.

I am grateful for those who stepped up to help me during these last days of being the NYN Delegate, and who are helping me to start my job as Immediate Past Delegate.

I was given items that will help me lead the New GR Meeting at the Spring Assembly, and the Contract has been sent in for the State Fair. I have received the payment for the Insurance!

How can our Area Members Help?

- Please consider volunteering to be on the Planning Committee for the State Fair.
- Please start planning your summertime activities in order to have a few hours to volunteer at the State Fair Booth! It is never too early to start thinking about this and sharing information with your groups!

On March 8-10, I will be going with our New Delegate, Molly, to the Northeast Regional Delegates Seminar to help her to learn about the World Service Conference and what to expect as a Delegate. We will also be discussing some topics that relate to how our AWSC (Area World Service Committee) communicates with the groups, and vice-versa. We will be deciding how to encourage our Area members to attend the Al-Anon International Day of Service as part of the International Convention to be held in Baltimore on July 5-9, 2018. I am sure we will have more to share on this soon.

Hope to see some of you at the AWSC on March 24th in Syracuse to begin our Journey as part of Panel 58!

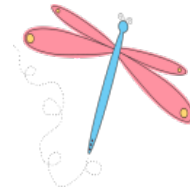
Diane C.

Group Records

As Group Records Coordinator, the first thing I need to let everyone know is that the GR-1 form is no longer in use. There are now 2 separate forms – one for Group Changes and one for Starting a New Group. These forms can be found on Al-Anon.org, go to Members, then Group Resources, then Group Records, and Group Records again; and then to Al-Anon Group Change or New Al-Anon Group. Either form can be completed on-line or printed out.

Being in Al-Anon Service has made me appreciate everyone who has gone before me. Without the knowledge and encouragement of so many others it would not be possible to function in my new position. I truly appreciate everyone around me more and more each day and I know that without them I could not make it !

Yours in Service,
Patti M.



Public Outreach

Hello NYN Family,

Our topic for this month is “Together We Can Make It.” This has always been a favorite of mine because that is exactly what kept me coming back. Each time I stood for a position at any level, I had members encourage me. When I struggled, they allowed me to struggle until I was ready to ask for help. It was a humbling experience...I had to admit I didn't know what I was supposed to do next, but it was OK to ask for help. My service positions teach me lessons I need to learn about myself, positive and negative. I err, I do my best to correct my error and move forward. Thank you for allowing me to grow.

I hope that many of you participated in the **Membership Survey 2018**. It closed on February 27th. I found it very interesting. Made me think about where I was and where I am now. I am interested in what others thought. Please let me know your opinion of the survey. Was it helpful to you?

There are guidelines for writing sharings for the 2019 **Al-Anon Faces Alcoholism**. I will have copies at the AWSC in March. Ask your District Rep for a copy. Consider submitting an article. You may have exactly what someone needs to hear to encourage them to attend a meeting.

I also hope that you remember Lois's Birthday by leaving a piece of literature somewhere on March 4th. It would be helpful to have local meeting contact information on it. Always looking for feedback on how someone finds their way to a meeting. If you didn't get this reminder in time for March 4th, don't let that stop you from doing it on any given day!

Lastly, I want to mention the **2nd Annual Native American Al-Anon Conference**. It is being held in Santa Fe, NM, April 13-15, 2018. There are many ways you can help. First, share this information at your meetings. We have many Native Americans in our NYN Area who might be interested. They are always looking for committee members. Not all commitments require attendance. You do not need to be Native for most of the commitments. There are committee members from many different states, different tribal affiliations and non-Natives that are presently serving. If you are interested in more info, please contact me at po@nynafg.com

Love in Service,
Connie D.

Literature Coordinator

This month has been a busy one for me. Even though I have been on vacation from school, I have been quite active with meetings and travels to Lake Placid relating to the Spring Assembly. While contemplating the message of Al-Anon in my own personal recovery, I have realized how the roots and wings of the program are an integral part of my message. That is why my role as Literature Coordinator is so important to me; I can seek and find the works that will inspire our fellowship and give me the personal satisfaction and serenity that I hope everyone else finds as well.

The topic for March is "Together We Can Make It." That is so true, and I have come to embrace that thought on a daily basis. I know we always say that we are never alone in this, and Al-Anon provides the means to an end.

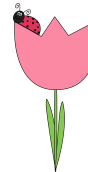
*Consider this: Have you ever felt like nobody was there?
Have you ever felt forgotten in the middle of nowhere?
Have you felt like you could disappear, like you could fall, and no one would hear?*

Well, let that lonely feeling wash away. Maybe there's a reason to believe you'll be okay. When you don't feel strong enough, you can reach out your hand. Someone will be coming, and I know they will take you home. Even when the dark comes crashing through, and when you need a friend to carry you, and when you're broken on the ground, you will be found.

That is what this phrase means to me. You are not alone, and together we can make it. The program is there for us to take what we like and leave the rest. In your darkest moments, you can reach out to someone in the program and you will rise again. Alone we are lost, but together we can make it.

Respectfully submitted with love to my friends in Al-Anon,

Mike R.



Web Coordinator

We will be having a **Website Committee Meeting** before the AWSC Meeting on March 24, 2018! I am inviting anyone who wants to join us to come early to the AWSC (11 AM) and be part of this meeting.

A note on our theme of **Together We Can Make It!** One avenue of communication between our membership and those looking for help is our website. I get questions on the **contact us** portion of our website and sometimes I need to forward those messages on to other officers and coordinators, depending on their request for information. Each of us have a pocket of knowledge from serving Al-Anon in our chosen capacity; that is only good if we share it with others. This topic also reminds me of the Fourth Concept: Participation is the Key to Harmony. When I try hard and work **alone**, like I did in my days of isolation, it just did not work and my life

became unmanageable. Molly and Kathi have provided me with answers to my question each time I ask, and I am so very grateful to have them assist me with their knowledge.

I will look forward to seeing everyone at the AWSC meeting, and I will do my best to serve you to the best of my current ability, being new in this service position. If I listen, participate and share I will never be alone in this program. So again, I urge you to come to our committee meeting to share what you have, and to participate.

Nancy P.

Archives

I stepped up for Archives Coordinator because I knew I would not have to do this alone. I know my friends in AI-Anon and the members who have served in this position before me, are willing and able to help me along the way.

I am learning about AI-Anon Archives and the position's responsibilities. It has been a slow start due to the winter, and I know more shall be revealed as better weather takes hold.... Thank you for all the support, this truly is a WE process....

“Together We Can Make It”

I have always had a longing to be a part of... a collective, group, team, or family. Because these words were defined by my mind, my Family Disease told me there was a list of prerequisites needed from me in order to secure my place, to be truly accepted by others. I wanted so desperately to be acknowledged and given validation for my efforts from the whole. Unknowingly, these intentions, and trying to meet them for others' acceptance; led me to anger, self doubt, anxiety, fear, resentments and envy. Needless to say, I stayed on the fringe, never allowing myself to settle in and be a part of the whole just as myself.

When I came to AI-Anon, I was desperate for something different. I stayed, and in time I heard experience, strength and hope in the meetings. I found a higher-power that is always with me and I read in the literature how to find unity in the diversity of all.

My life is framed by what I focus on: my attitudes. I could not have heard or received these words without being in the AI-Anon fellowship. I was (and God willing) will continue to be, open to a new way of living life. I am no longer alone, though I may not be perfect, and that is okay, I feel loved in a very special way....

Together is a wonderful way to live and grow.
Thank you for this opportunity to share...

Yours in Service,

Susan J.

**Submissions for April
Northern Hi Lights:**

Due by: March 15

Topic: Perfectionism



Treasurer's Report

January 2018 NYN FINANCIAL STATEMENT

Beginning Balance 12/31/17	\$21,728.35
Receipts	\$ 491.75
Bank Service Fee Jan 2018	(\$ 2.00)
Disbursements	\$ 0.00
Ending Balance 1/31/08	\$22,218.10

Reserve Fund 12/31/17	\$10,375.20
Bank Service Fee Jan 2018	(\$ 2.00)
Reserve Fund balance 1/31/08	\$10,373.20

Mutual Funds Est 1/31/18 **\$2,977.23**

Receipts	Group #	
District 15	Dist 15	\$ 100.00
Keep it Simple	66096	\$ 15.00
Serenity Seekers	30576552	\$ 25.00
Penn Yan AFG	10187	\$ 94.50
Tues. Night Bemus Point	3052421	\$ 45.00
Wed. Night Live & Let Live	503200	\$ 25.00
Westenders	10326	\$ 5.25
District 22	Dist 22	\$ 100.00
District 3	Dist 3	\$ 57.00
Caring & Sharing	9763	\$ 15.00
<i>Northern Hi-Lights</i>		\$ 10.00
Total		\$ 491.75

Disbursements	
No disbursements in January 2018	\$ 0.00
Total	\$ 0.00

Pam A.

Secretary

As I assume the position of Secretary, I feel humbled once again to find myself grateful for Al-Anon and the opportunities it provides me to focus on another aspect of my recovery from the family disease of Alcoholism.

Several years into Al-Anon, it was obvious to some in my home group with more "Experience, Strength and Hope," that my progress could benefit from a "jump start." It was suggested to me that the pamphlet, *When I Got Busy, I got Better*, would be something to read. Indeed, it was just the thing I needed! My eyes were opened to the greater world of Al-Anon and Alateen.

Service has placed me in situations out of my comfort zone and allowed me to grow in ways I never imagined, as well as provided me with opportunities to acquire skills needed in my recovery; growing "One Day at a Time"!

I begin my new service position as your Secretary, remembering on a daily basis that "Together We Can Make It." Some days it will mean that I will ask for your support, and perhaps other times you will ask for mine...I have learned that this is how it works in Al-Anon!

If you have been considering future service, I will share with you that in Al-Anon, while I learned that "NO" is a complete sentence; in Al-Anon Service I have learned that "YES" is also a complete sentence, too. While the concept of boundaries prior to service was difficult for me to work successfully, I have come to understand through service with **discernment** I am able to be successful and enthusiastic, embracing the concept of boundaries in my life. (Just one of the hidden rewards of service for me!) Please consider service in your Al-Anon future at some level.

Respectfully,

Kathy M.



Alternate Delegate/Forum Coordinator

There is no shame in volunteering for a position in Al-Anon, and deciding you have to resign. I witnessed this early in service, and was impressed by the gentleness of the program. Without that lack of pressure, I wouldn't have kept coming back.

We find ourselves in need of a Newsletter Coordinator. Gwenne stepped up, and beat me to filling in for the March issue. Having just finished my term in that position, I can say that I never had to do it alone, and couldn't have. The word processor was a challenge for me, but I had someone who was a whiz at it, and I could just send my mess to her, and it was okay. After that part was taken care of, I had two proofreaders who lightened my load by catching all kinds of errors and omissions. It is wonderful having someone else catch the mistakes, call me, and then I just had to mark up my copy with a highlighter, and then take a few minutes (hopefully) to correct them. If I couldn't correct them in a few minutes, my word processor friend could.

Maybe I'm a little off still, but I considered filling in at the position for perhaps a year, but we have some traveling scheduled that would interfere, and it is an opportunity for someone new to grow in a big way.

John O.

NYN AFG Spring Assembly and Convention

“Find Your Roots and Spread Your Wings”

May 4-6, 2018



High Peaks Resort
2384 Saranac Avenue
Lake Placid, NY 12946

(518) 523-4411

Hosted by Districts 5 & 26

****Al-Anon & Alateen Convention with AA Participation****

Hotel Reservations

Room Reservation Deadline April 4, 2018

Room Rate: \$145 + \$15.95 (tax) per night

To confirm reservation, one night's deposit by check or credit card is required. Please list roommates' names.

For Room Reservations call (518) 523-4411

(mention NYN North AFG for rate)

Check in: 4 PM and Check out: 11 AM

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

**NYN AFG 2018
Spring Assembly / Convention Registration Form**

Name: _____ Address: _____

City / State /Zip _____

Phone Number: () _____ Email: _____

Cell Phone: () _____

Are you a new Group Representative? _____

Are you a new District Representative? _____

Are you registering as Al-Anon _____ Alateen _____ AA _____

Are you here to attend the Convention? _____

Are you here to attend the Assembly? (GRs, DRs, Officers, Coordinators) _____

All are welcome to attend the Assembly meetings.

Early Registration (before 3/30/18) \$15 _____

Full Registration (after 3/30/18) \$20 _____

Alateen Registration: \$12 _____

Dinner Banquet: (Deadline 4/15/18) \$35 _____

Donation to Hospitality \$ _____

Total Enclosed \$ _____

Make Checks Payable to: NYN AFG 2018 Spring Assembly / Convention

**Mail to: NYN AFG 2018 Spring Assembly and Convention
P.O. Box 5015,
Massena, New York 13662**

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 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.

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<u>Immed. Past Delegate</u> Diane C. ipd@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>Panel 52 Past Delegate</u> Ruth S. delegate52@nynafg.com	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased)
<u>Chairperson</u> Ruth S. chairperson@nynafg.com	<u>Public Outreach</u> Connie D. po@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. delegate49@nynafg.com	<u>Panel 28 Past Delegate</u> Mary G.
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<u>Convention</u> Kevin M. convention@nynafg.com	<u>Spanish Contact</u> Cira B.		<u>Panel 13 Past Delegate</u> Ruth F.
			<u>Panel 4 Past Delegate</u> Helen S.



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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 AI-Anon members are encouraged to subscribe to the Northern HiLights electronically; just e-mail your request with your name to: records@nynafg.com

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