

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

Inside This Issue

Topic: Let It Begin with Me

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Newsletter Editor Pat H.
 Proofreaders: Jack H., John O.

Northern Hi Lights

Al-Anon News from New York North Area

Area Delegate Panel 58

I sent some information on **District Inventories** to the AWSC. If your district did not get it let me know and I can email it to you.

The **41st Annual NERD** meeting is scheduled for March 8-10, 2019. The purpose of the **North East Regional Delegates** Meeting is to provide an opportunity for all past and present Delegates to discuss mutual concerns, to encourage continued interest and participation of Past Delegates and provide an opportunity for them to share their knowledge and experience, to assist in preparing new Delegates for their first World Service Conference and to hear the Regional Trustee's report. I'll have that information at the AWSC meeting March 30th.

A **Safety in Al-Anon Meetings** document drafted by WSO to aid groups in discussing and creating workable solutions to safety issues was mailed to all registered groups in January. The purpose of this document is to help groups maintain Tradition One, with the understanding that our groups are not impervious to the same difficulties that affect the world around us, by discussing in advance how to address situations should they arise. Haven't seen it? Check with the CMA –Current Mailing Address of your group.

(cont'd next page)

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

(Area Delegate cont'd)

Cost Per Group to WSO to be Financially Self-Supporting is approximately \$261 (a slight change year to year) worth of services. Consider it in making yearly contributions for your group. A great tool to use is to read from page 19 (Passing the Basket) in the Service Manual, to understand the structure. Also, page 166-167 is a good listing to read so that groups understand what they are contributing to, and the services that WSO's efforts are providing.

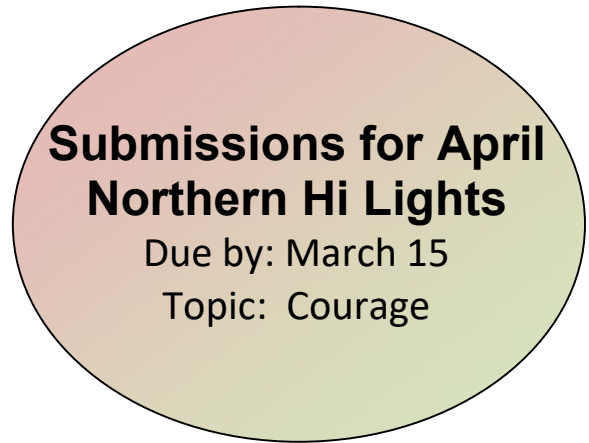
New York South is hosting a TEAM (Together Empowering Al-Anon Members) Event on Sunday June 2, 2019. A TEAM event is a partnership between an Area(s) and the World Service Office (WSO), with the aim of providing an opportunity for Al-Anon and Alateen members to learn more about service and the Al-Anon program. The Area and WSO Task Force work together to plan an agenda of workshops and presentations that address the Area's specific needs and expand members' understanding of our worldwide fellowship. TEAM events are sponsored by the Area(s) and the WSO. As soon as I get the details and registration information I will pass it on.

Peace NYN - Thank you for your help!

Molly C.

NY North Delegate

Panel 58 – We Participate!



Immediate Past Delegate

2019 will be the 5th year that New York North will be setting up a Public Outreach Booth at the New York State Fair!

As of this date we have applied for our signed contract & will be awaiting further instructions as to what we will need to make this happen!

We have literature and have ordered *Al-Anon Faces Alcoholism* in both English & Spanish. This year our Committee is looking into passing out fans to those who come to our booth. This will first have to be approved by WSO, as they have the copyright for the design that we would like to use!

Wishing you all a wonderful. Spring & hope you are all working on your registrations ready to send in so that we will see you at the Spring Assembly that will be here before we know it!

Diane C.

Alternate Delegate

Hi to my NYN friends,

I have welcomed no new groups since early December. I hope you are still supporting the new ones which I have already told you about.

I also hope that many of you have subscribed to the Forum for your groups, as well as your individual copies.

As far as Let it Begin with Me, I hear it often; ie; the beginning and the end of the Al-Anon Declaration. I have used it when I need something done and cannot get someone to do it, so I decide that maybe I should let it begin with me and be an example to others. I was surprised when I consulted a piece of literature that it suggested that it meant that attitudes might change. It's another way of saying to keep the focus on ourselves. It seems to apply to relationships. Like everything else in the program it only works if you apply it to your life and use it frequently.

Helen H.

Chairperson

I hope the winter has been kind to all. Spring is on it's way. I know this because the AWSC meeting is less than 2 months away. The AWSC meeting will be held Saturday, March 30th. It will be held from 11:00-4:00. The meeting will be held at the NSEA Building, 210 S. Main St., N. Syracuse, NY 13027.

Committees meetings will be held either from 10:00-11:00 or 4:-5:00. Chairs of committees please let me know in the next 2 weeks if you plan on meeting and which time slot you would like.

We have received the Alateen guidelines back from WSO. A few minor changes were made. We are now ready to discuss and vote on these guidelines. To make sure everyone in NYN gets a chance to read and comment on the guidelines they have been posted on the NYN website. You can go to nynafg.com and on the homepage will find a link to the revised Alateen guidelines. Please do so and encourage members in your meetings and districts to do so. We have 10 weeks before the Spring Assembly/Convention. Plenty of time to prepare before we vote.

Bring your lunch with you, there will be coffee and hot water for tea. Also bring a snack to share. We will be working hard through the day.

(Directions. From East, West and south take the NY State Thruway to Exit 36. Continue toward Rte. 81 North towards Watertown. Exit I81 at Exit 26 (US 11/Mattydale). Keep to the left towards Brewerton Rd (US11). Continue north on US 11, will become S. Main St. NSEA Building is on the corner of S. Main St. & Palmer Dr. Turn left on to Palmer Dr. NSEA on right. If parking lot is full please park across S. Main St. in Main St. School lot.)

The agenda for the AWSC meeting will be posted on the NYN website by the 1st of March.

The AWSC meeting is for Officers, Coordinators and DRs but all members are welcome. We will be setting the agenda for the Spring Assembly at the AWSC meeting.

The procedure to obtain a Certificate of Insurance for a meeting or activity seems to be working well. I have had a number of requests, all have been filled within a day or two. Remember you only need to complete a request form if the facility where your meeting is held is requiring verification of insurance.

I am still looking for someone to step up as the AAPP coordinator for NYN. I have been contacted by one person but nothing definite as of yet. Think about

this step up to area service. I know Walt S. will be glad to help you in any way he can.

Gratefully in Service,
Ruth S.

Public Outreach

Were you able to leave a piece of literature on March 4th to honor Lois's birthday? Let me know what and where you left literature and if there was any response to it. How often do you ask a newcomer how they heard about Al-Anon or how they found your meeting? This can be a great help in improving our outreach. Please share this info with me at po@nynafg.com

Our next opportunity for outreach is the month of April—Alcohol Awareness Month. There can be amazing chances to carry our message of hope to families and friends suffering from the effects of the family disease of alcoholism. Check with schools to see if they are having health fairs. This is an awesome time to reach out to professionals there. You can network with other participants as well as the teachers and counselors in the school. Of course, don't forget your chance to share with students about Alateen. Remember, if you don't have an Alateen meeting, welcome the teens into your Al-Anon meeting.

See if there are any community projects that are related to recovery. Prevention councils are a good place to check in with to find out what is happening in your community. There is so much more awareness today about recovery programs, keep in mind our Al-Anon Declaration- "Let It Begin With Me".

I think about this often in my life. " Let It Begin With Me ". I have so much gratitude that others felt this way and reached out to me. I don't have to be an expert. I only have my experience, strength and hope to offer. What kept me coming back? Even as a newcomer, I felt the welcome in the rooms and knew it was a safe place to be. It was a place to be me and learn to have a voice. It was a place to learn to be comfortable with silence. I can only share with others what has worked for me. It is my responsibility to give back some of what was so willingly given to me.

Looking forward to seeing you in May in Rochester.

Love in Service,
Connie D.

Web Coordinator

Dear Friends,

In the spirit of **Let it Begin with Me** (our topic this month) – I will be at the AWSC Meeting on March 30. I will be there at 9:00 AM and I am inviting our Web Committee members and any other members interested in our website to attend our Web Committee Meeting. The committee will meet from 9 am to 10 am. Our meetings have been centered around progressing toward a new website.

Please remember to get your officer and coordinator reports to me two weeks in advance of the AWSC meeting.

NYN website gives NYN an opportunity to reach our members and non-members by sharing our purpose, events, meeting schedules, officer and coordinator reports, NYN meeting minutes, forms, NY State Fair Information and more. If you have not been to the website, please take time to familiarize yourself with this outreach tool.

On the website, the “contact us” form allows anyone to reach out and ask questions. This calendar year, the concerns were: 2-requests for NYN donation address, relaying meeting schedule in District 5, getting District 10 meeting schedule correct on the “find a meeting” page, 3-changes in GRs, 2-changes in meeting locations, a meeting closing, a request for an Alateen form, 2-request for District and Group Contact List.

Also, if you have a flyer you want posted to our Events Calendar please send it to webnynafg.com.

Nancy P.

NYN Alateen Coordinator

I recently received an email from the WSO announcing the registration of a new Alateen group in Corning. Congratulations, Sponsors, AMIAS, and teens.

Our next Alateen Interest meeting will be held February 23 from 9-10:30 am using Zoom. We are continuing to discuss the possibilities of using Zoom as a tool for communication within Alateen.

Also on my schedule is a telephone meeting with WSO staff to discuss the use of video conferencing. Hopefully that will take place and I'll include the results in my report at the March 30 AWSC meeting.

First Things First

Sandy A.

Group Records Coordinator

“Let it begin with me” brings so many thoughts to mind.

The one thought that comes first is part of the Al-Anon declaration. *“let the hand of Al-Anon and Alateen always be there”.*

I will be always grateful that Al-Anon was there for me when I realized I needed it. Al-Anon was there because of the work of so many before me.

I let it begin with me by doing Al-Anon service. I want to make sure that those who need Al-Anon and Alateen can find the experience, strength and hope they need to recover from living with the disease of alcoholism.

Patti M.

Convention Coordinator

Hey NYN members,

Here are the upcoming conventions and host Districts.

Spring 2019 Districts 29 & 25

May 17-19, 2019, Rochester, New York

Fall 2019 District 21

Comfort Inn and Suites, North Syracuse

Spring 2020 Districts 22&8

Saratoga/Albany Area

Fall 2020 District 18 Syracuse

Spring 2021 Could this be your District??

Please think about it.

Thanks to District 14 for joining in the fun of hosting a Convention/Assembly with 25 and 29. More information on the Spring Convention/Assembly can be found on the New York North website under area events (http://www.nynafg.com/area_events.html). Early registration end April 15th and room reservation deadline is Friday, April 26th.

Looking for host district for Spring 2021 and beyond. If you are interested in hosting a Spring or Fall Convention or have any questions about it, just send an email and I will be happy to share my ESH (experience, strength & hope) on it.

When I think of “Let it Begin with Me”, I think of service (probably because we say the declaration at the end of District and NYN meetings 😊). Service at a meeting: opening the doors, welcoming members, acknowledging a newcomer, and sharing my ESH.

Service to others: Sponsorship, being available

for a member in crisis, and providing an ear for a member to just vent. Service at District and NYN, is the way I "Let it Begin with Me" currently. This service provides a link to other groups/areas and ideas on how to best carry the message not only to the newcomer but to all members of Al-Anon. I attended the Al-Anon International Convention last summer, and volunteered to help. I did not realize the panels and workshops were mainly members who volunteered their time. I "Let it Begin with Me" and moderated a panel. WOW, what a rewarding experience. I don't care for public speaking, and this was an opportunity to face my fears. On a smaller scale, The NYN Spring Convention/Assembly holds recovery workshops on carrying the message to others and provides information GRs can bring to their groups. What a great way to "Let it Begin with Me" by volunteering to host or just help out with a NYN Convention.

Yours in Service,

Kevin M. convention@nynafg.com

Literature Coordinator

I hope that you have survived the travails of our winter season. While staying warm and focused on my recovery, I have continued to participate in the group meetings online relating to Alateen. The Zoom app we use brings everyone in the group closer together despite the inconvenience of distance. I have also been working in my own district to organize our annual Day of Sharing. The event will take place on March 23, 2019 in Massena, New York. There will be a flyer soon to discuss the theme and parameters of this special day; I will send it to our Newsletter and Web Coordinators to spread the word.

This month's topic is "Let It Begin with Me." This tenet of our recovery program has special significance for me. I had to reach my rock bottom before I could climb out of the abyss of despair and hopelessness. I was too busy solving my son's problems and I failed to realize that the first person I had to help was myself. Until I learned that basic precept, I could never truly find the path to serenity.

Now my life has changed for the better. I came to understand that I could help others once I helped myself. Taking care of myself gave me the physical, spiritual, and emotional strength to get better. I started sharing my story of experience, strength, and hope after hearing numerous tales from the close friends I have gained in the rooms of Al-Anon. They all played a part

in my recovery, and I am eternally grateful to them and all of you for your role in my personal journey.

I look forward to seeing everyone in Rochester for the Spring Assembly. Take care, and rest assured that I will continue to let it begin with me. With love and gratitude,

Mike R.

Newsletter Editor

"Let It Begin With Me" If I don't do something, who will? I thought of this when I was asked to be the editor of this newsletter. This saying also covers the idea, I think, of taking a first step to get stronger, to take care of myself in all ways. I am responsible for what I choose to do and say, nobody else.

I look forward to seeing many of you again at the Spring Assembly/Convention.

Pat H.

JOIN US FOR OUR
27TH ANNIVERSARY CELEBRATION

SIMPLE BEGINNINGS



SATURDAY, MARCH 16, 2019

Al-Anon & AA Speakers

11:30 am - 12:30 pm

FOOD & FELLOWSHIP to Follow

Transfiguration Lutheran Church

3760 Culver Road

(near Titus Avenue & the lake)

Rochester, NY 14622

Contact Michele C.

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*

Treasurers Report

December

NYN Financial Statement

| | |
|--------------------------------|------------------|
| Beginning Balance 11/30/18 | \$31,567.37 |
| Receipts | 2,668.48 |
| Bank Service Fee Dec. 2018 | (2.00) |
| Disbursements | 3,433.99 |
| Ending Balance 12/31/18 | 30,799.86 |

| | |
|--------------------------------------|------------------|
| Reserve Fund 11/30/18 | 10,739.20 |
| Bank Service Fee Dec. 2018 | (2.00) |
| Reserve Fund Balance 12/31/18 | 10,737.20 |

Mutual Funds Est. 12/31/18 3,018.28

| Receipts | Group # | Amount |
|-----------------------------------|---------|-----------------|
| Serenity Seekers Watertown | 502623 | 20.00 |
| Delhi AFG | 9704 | 50.00 |
| Courage to Change | 63806 | 25.00 |
| Fly Rd. Monday | Dist. 3 | 40.00 |
| Fall Assembly & Return of Seed \$ | | 2,533.48 |
| Northern Hi-Lights | | 0.00 |
| Total | | 2,668.48 |

| Expenses | Ck. # | Amount |
|------------------------------|-------|-----------------|
| AAPP | 1421 | 137.99 |
| Delegate Equalized Exp. 2019 | 1413 | 2,250.00 |
| Liability Insurance | 1414 | 46.00 |
| AFG INC. | 1415 | 1,000.00 |
| Total | | 3,433.99 |

January NYN Financial Statement

| | |
|-------------------------------|------------------|
| Beginning Balance 1/01/19 | \$30,799.86 |
| Receipts | 1,010.00 |
| Bank Service Fee Dec. 2018 | (2.00) |
| Disbursements | 0.00 |
| Ending Balance 1/31/19 | 31,807.86 |

| | |
|--------------------------------------|------------------|
| Reserve Fund 12/31/18 | 10,737.20 |
| Bank Service Fee Dec. 2018 | (2.00) |
| Reserve Fund Balance 12/31/18 | 10,735.20 |

Mutual Funds Est. 12/31/18 3,018.28

| Receipts | Group # | Amount |
|----------------------------|-------------|-----------------|
| District 18 | District 18 | 200.00 |
| Otisco Valley AFG | 503315 | 50.00 |
| District 10 | District 10 | 100.00 |
| Experience Strength & Hope | 62668 | 50.00 |
| Williamsville Area | 30582963 | 30.00 |
| Niskayunan | ?? | 15.00 |
| Queensbury | 9765 | 30.00 |
| We Are Not Alone | 38151 | 177.00 |
| Faith & Hope | 30375 | 22.00 |
| Canandaigua Monday Noon | 24271 | 50.00 |
| Baldwinsville Area | 32150 | 50.00 |
| Fayetteville Thurs. 10 AM | 037943 | 39.00 |
| Cadyville Work in Progress | 4310 | 100.00 |
| Concord Al-Anon | 62569 | 37.00 |
| Rochester Area Group | 27134 | 25.00 |
| Rochester Area Group | 9676 | 15.00 |
| Northern Hi-Lights | | 20.00 |
| Total | | 1,010.00 |

| Expenses | Ck. # | Amount |
|--------------|-------|-------------|
| No Expenses | | 0.00 |
| Total | | 0.00 |



39th AIS Tureen Supper 2019

Theme: One Day at a Time

Sunday, March 24, 2019

12:00-5:00PM

St. Anne Church
1600 Mt. Hope Avenue
Rochester, NY

Free will offering (\$5.00 suggested donation)



Please join us and bring a dish to pass

- ✓ Al-Anon and AA speakers have been confirmed
- ✓ Book Depot - Cash or Checks only
- ✓ 50/50 Raffle
\$1.00/ticket, \$5/7 tickets, \$10/15 tickets
- ✓ Basket Raffle
\$1.00/ticket, \$5/7 tickets, \$10/15 tickets

Volunteers needed prior to, during and after the event.
Contact your GR or Debbie or Eddie



Greece Aldersgate Al-Anon Group Anniversary Meeting

Please join us to commemorate our
55th Anniversary

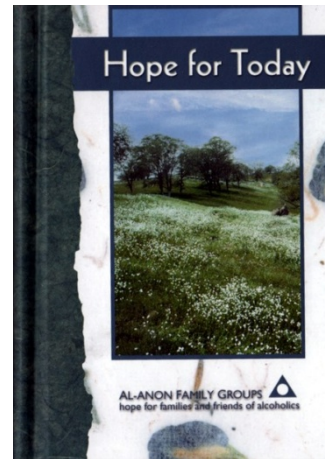
April 15, 2019

7:00 pm Food

7:30 pm Meeting with

Al-Anon and AA Speakers

Aldersgate United Methodist Church
4115 Dewey Avenue
Greece, NY 14616



"HOPE FOR TODAY" AL-ANON/ALATEEN DISTRICT 10

DAY OF SHARING

Saturday, April 27, 2019

9:00 am – 3:00 pm

**St. Mark's Episcopal Church
728 River Road
Binghamton, NY 13901**

Panels, Basket Raffles, 50/50 Raffle, FOOD,
and More!

Donation: \$3.00 Al-Anon
\$1.00 Alateen

Registration: 9:00 AM

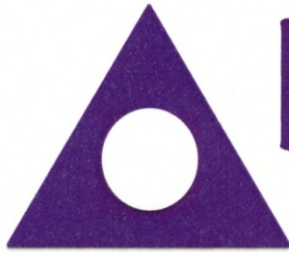
Panels: 9:30 AM – 11:30 AM
1:00 PM – 2:45 PM

Lunch: 11:45 AM

Please bring a DISH TO PASS

District Meeting: 3:00 PM – 4:00 PM

(All Are Welcome!)



Recovery

ROOM TO BLOOM



NYN AFG Spring Assembly/Convention
Hosted by Districts 25 & 29
Al-Anon & Alateen Convention with AA Participation
May 17th, 18th, 19th, 2019

Room Reservation Deadline is Friday, April 26th, 2019 - Room Rate: \$109 + \$15.26 (tax) per night.

For reservations call (585) 359-1800 (mention NYN AFG for rate) **Check in:** 3:00 p.m. **Check out:** Noon

RIT Inn & Conference Center, 5257 West Henrietta Rd., Rochester, N. Y. 14602, www.ritinn.com

Come early & visit the lilac festival www.rochesterevents.com/lilac.festival/ (Same rates apply)

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

NYN AFG 2019 SPRING ASSEMBLY/CONVENTION REGISTRATION FORM

Name: _____ Street: _____

City/State/Zip: _____ Phone Number: () _____

Email: _____

| | | | |
|--------------------------------------|-------|------|-------|
| Early Registration (before 4/15/19) | | \$25 | _____ |
| Late Registration (after 4/15/19) | | \$30 | _____ |
| Alateen Registration: | | \$12 | _____ |
| Banquet Buffet: (Deadline 5/1/19) | | \$35 | _____ |
| Donation for Hospitality (optional): | | \$ | _____ |
| Total Enclosed: | | \$ | _____ |

Are you a Group Representative? _____
 Are you a District Representative? _____
 Are you registering as Al-Anon _____ Alateen _____ AA _____
 Are you here to attend the Convention? _____
 Are you here to attend the Assembly? (GR's, DR's, Officers, Coordinators) _____

Make Checks Payable to: NYN AFG 2019 Spring Assembly/Convention

Mail to: NYN AFG 2019 Spring Assembly/Convention
35 Orchard Park
Phelps, NY 14532

Questions: seneca1671@gmail.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.

| | | | |
|---|---|---|---|
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| <u>Group Records</u> Patti M records@nynafg.com | <u>Literature</u> Michael R lit@nynafg.com | <u>NYNAC</u> Leslie C nynac@nynafg.com | <u>Public Outreach</u> Connie D po@nynafg.com |
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Northern Hi Lights Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs.

Make checks payable and mail to: NYN Area Assembly, PO Box 2183, Syracuse, NY 13220

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

If you need a hard copy, please check type of subscription: () group or () individual;
() renewal or () new

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, 5082 Clifton Dr., N Syracuse, NY 13212

or Email: records@nynafg.com

Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212