



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

Inside This Issue

Topic JOY

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Newsletter Editor Pat H.  
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# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Immediate Past Delegate

*After I wrote the February Article New York State announced that they were expanding the **STATE FAIR** to a Full 18 days!*

**PLEASE NOTE THE NEW DATES WILL BE:**

**FRIDAY AUGUST 21-MONDAY SEPTEMBER 7<sup>th</sup>( Labor Day)**

This means that we will need 24 more people to cover these shifts , for a total of 144 people (216 hours)

The Fair has asked that the table be manned from 10 am-10 pm so that is why we need so many people.

*(cont'd on page 2)*

### Mission Statement

**Northern Hi Lights** is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. *Northern Hi Lights* is not copyrighted. It is not conference approved literature. Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com. When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 Service Manual). *Announcements should be submitted at least 6 weeks before event.*

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

For more information visit the following websites:

New York North: [www.nynafg.com](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

*(cont'd)*

This is a project that was voted on by the members of our New York North Assembly six years ago. ( see minutes from the Spring & Fall Assemblies for information both from the State Fair Task Force and the vote to support this project at Fall Assembly 2014)

We also stated that we would support both financially as well members to volunteer to man the booth . Even though the Fair is held in Syracuse, it is open to people from all over. If you cannot man the booth either early in the day or late at night due to the distance that you are away from Syracuse please consider signing up for some of the middle times. . Over a million people come to the Fair each year and many people pass or stop by our booth.

New York North found that this was a productive way to carry the message of Hope to families of those who are affected by someone else's drinking.

Please start talking about this to members of your group to let them know that their help is needed and that if we all pitch in there will be no stress on anyone. This is a simple way to do Service for Al-Anon and a way to have fun also.

***Diane C.***

## **Public Outreach**

Hello NYN Family,

A question came from another Area about fees for having a table for outreach for a professional conferences. They were asked to donate a gift card or cash for a raffle or door prize. If that was required to participate, WSO would speak to the event sponsor as to why that is not in keeping with our principles of Al-Anon's primary purpose or the principle of

attraction in our public relations policy. Al-Anon literature is an acceptable contribution in keeping with the Traditions. It carries information about our program.

If you go to the WSO website, al-anon.org, select Members and Public Outreach. There are many suggestions on how to reach out. You can watch the two newest PSAs, find posters to use and how to add local information, print a form if a local station wants to receive a PSA, and media questions and answers that may be used for an interview.

There is so much information available on the site and it is being updated often. Keep an eye out for new posters. Don't forget [Al-Anon Faces Alcoholism](#) is now available in unlimited amounts. It can be ordered at any time from your local Literature Distribution Center or online at AFG, Inc.

JOY is our topic. Just Open Yourself! This Fall is our Election Assembly. Consider stepping up to a position and find the joy of learning about your abilities and stepping into another layer of service. Ask any of our members, who have served, how they have grown in personal recovery. I know that it has been helpful to me in many ways. I learned that I have a support system and I never have to do anything alone. I have had the joy of meeting so many people in recovery. My family of choice grows. I learned that it isn't about perfection, for sure. It will soon be time to step back and watch someone else grow.

March 4<sup>th</sup> is Lois's Birthday. Don't forget to take a piece of literature and leave it somewhere to help carry our message of Hope.

Love and Joy in service,

***Connie D.*** NYN PO Coordinator

## Web Coordinator

The final WSO Chairman of the Board letter for 2018 contained an updated Al-Anon Family Group Headquarters, Inc. Core Purpose: *“Helping families and friends of alcoholics find hope and encouragement to live joyful, serene lives.”* Our topic this month is **JOY** and you can see from our above statement that it holds a very important place in our recovery. It makes me think about my February participation in the AA Syracuse Roundup with Al-Anon participation. Not a day went by that weekend with my Al-Anon friends (new and old) that we did not find or talk about joy. One thing I learned to do in my recovery is celebrate something every day. I **look** for the joy in my life and find it everywhere.

The past month has been quiet on the NYN Website. I thank those who reported new changes in District 10 and thank them for their patience while we got the schedule correct on the website.

- **NYN Newsflash** has been updated with our Spring AWSC information. Check it out to know the date, time, and location including additional meetings that day. When they are available the agenda and Officer/Coordinator reports will be at this web location on the NYN Website.
- Our revised **Alateen Guidelines** can be found under **Area Information & Forms** then **click NYN Policies and Guidelines** <http://www.nynafg.com/pdf/alatGd.pdf>
- The revised instructions for requesting a **Certificate of Insurance** are found on the home page by choosing **NYN Insurance Information:** <http://www.nynafg.com/insurance.html>

**Nancy P.** [web@nynafg.com](mailto:web@nynafg.com)

## Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

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

Fall 2020 District 18 & 10  
September 25-27, 2020  
Comfort Inn and Suites,  
North Syracuse

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

Room reservations deadline for Spring 2020 is April 29<sup>th</sup>.

More information and a link to the registration form can be found on the NYN website, [http://www.nynafg.com/area\\_events.html](http://www.nynafg.com/area_events.html).

Still looking for hosts for 2021 and beyond.

**Steps 12** asks us to carry the message to others. NYN needs your help to help carry the message to other.

**Concept 4** remind us that participation is the key to harmony. One person/group/district can't do it all, for recovery we all need to participate as we can.

Think of the joy hosting a convention can bring your district and groups.

Yours in Service

**Kevin M.** [convention@nynafg.com](mailto:convention@nynafg.com)

## Alateen Coordinator

Educational Modules I & II will soon be available to prospective AMIAS on the NYN website (NYN.org). We plan to use our February Alateen Interest Meeting (AIM) via Zoom to take a look at Module I. Hopefully several experienced Alateen Sponsors will be in attendance to discuss the use of that Power Point Presentation. Many thanks to Walt for his untiring work on those Modules tailoring them to agree with NYN's Alateen Safety Guidelines.

In service to Alateen,  
**Sandy A.**

## Literature Coordinator

I hope everyone is surviving the winter weather and finding a means of staying warm. To keep myself occupied, I continue to work on my program through service as District 26 DR and GR; I have also implemented a series of traveling meetings in our district so the participants can share their experience, strength, and hope by supporting the other meetings in the area besides their home group. The meetings in the car before and after the actual meeting have yielded some great conversations and fellowship.

This month's topic is Joy. Before entering the rooms of Al-Anon, joy was an elusive emotion that I only experienced in small increments. I endured a rollercoaster ride of emotional distress and euphoria subject to the whims of my son's ups and downs in his addictive behavior. It was years of trauma and stress before I found solace in Al-Anon.

Now that I am approaching my tenth anniversary since my first meeting in April 2010, I can say that joy is a welcome companion in my personal journey. I know how to use the tools of the program to deal with circumstances that disrupt my serenity, and I know that there is always someone available to help me through

the process. We are never alone in Al-Anon, and joy is there with us too.

I look forward to catching up with everyone at the Spring Assembly in Troy. Until then, let us all live one day at a time and know that our Higher Power is watching over us.

Thanks for your continual love and support.

**Mike R.**

## Newsletter Editor

Being joyful is usually not a hard task for me. I tend to be a rather positive person by nature. Of course there are times when life isn't going so well that I do get down. There are so many ways to get back on track to joyfulness though. Check out nature, I love to watch the birds and squirrels at my birdfeeder. Read a good book, especially if it's Al-Anon literature. Exercise, nothing else needs to be said there. Participate in your favorite hobby, my favorites are any type of craft.

Enjoy life.

In Service,  
**Pat H.**





ATTENTION  
ALL AA'S,  
AL-ANON'S &  
ALATEENS!!

DISTRICT 18 Presents  
An Al-Anon Family Groups Day of  
Recovery

"The Family In Recovery"

SATURDAY March 7, 2020

9:00 am - 3:00 pm

Immaculate Conception Church  
Dwyer Hall  
400 Salt Springs Street  
Fayetteville, New York 13066

Featuring AA, Al-Anon, and Alateen  
speakers and events  
Raffle, 50/50 and  
Al-Anon and Alateen Literature

Workshops on The Family in Recovery,  
Dealing with Tough Stuff, and  
Together We Can Make it.

POT LUCK LUNCH

Hot Beverages will be provided.  
(Please bring a dish to pass)

Doors open at 8:30 AM, coffee served  
Donation: \$3.00 Al-Anon and AA, or  
\$5.00 per family, Alateens: Free

QUESTIONS? Contact: Jim M.  
315-491-5954 or  
[sponsorjim@yahoo.com](mailto:sponsorjim@yahoo.com)

## BASKET RAFFLE SPRING 2020



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

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

*Fill it with fun, surprises and  
HOPE.*

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

# NYN AFG Convention & Assembly 2020

"Embracing Change" - "Discovering Choices"



May 29-31, 2020

Hosted by Districts 22/7/8

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



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

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

## Meeting Schedule and Events

### Friday

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

### Saturday

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

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

### Sunday

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

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

## Convention & Assembly Registration Form

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

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

Please make checks payable to:

**NYN Spring Convention & Assembly 2020**

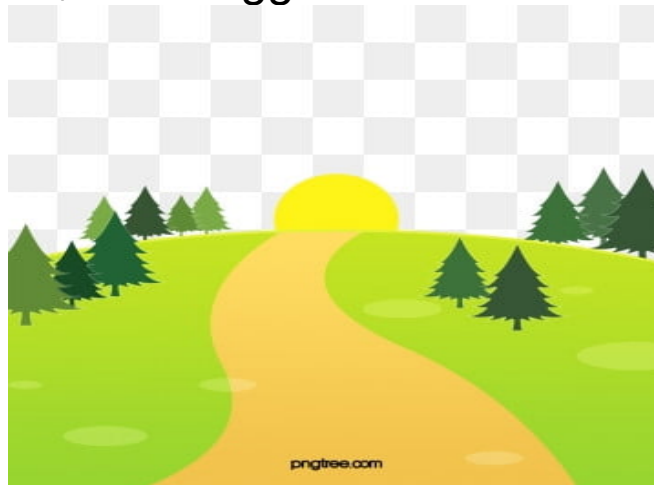
Mail Registration Form and Payment to:  
NYN 2020 Spring Assembly  
PO Box 1162  
Clifton Park, NY 12065

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

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

AIS ROCHESTER PRESENTS  
**MOVING FORWARD:**

Tureen Supper - March 29, 2020, 12 - 5 PM  
Saint Anne Church, 1600 Mt. Hope Avenue  
\$5.00 Suggested Donation

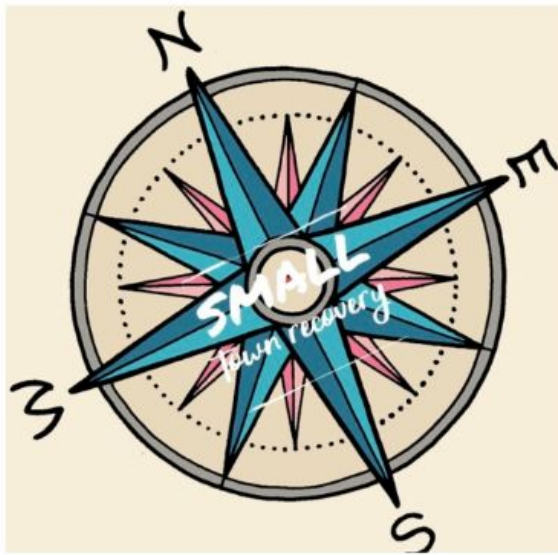


12-1 PM	Basket and Food Drop Off/Registration
1 PM	Welcome
1 - 2:30 PM	Meal
2:30 - 3 PM	AA Speaker
3 - 3:30 PM	Break/Basket and 50/50 ticket sales
3:30 - 4 PM	Al-Anon Speaker
4 PM	Draw Basket and 50/50 Raffle
4:30 - 5 PM	Clean-up

Call for Volunteers and Gift Basket Donations  
Theme is: Moving Forward

Please email Beth S. at [bethS1076@gmail.com](mailto:bethS1076@gmail.com)  
to donate your time or a basket.

Basket drop off will occur at 12 PM on March 29, 2020



Please Join Us For  
**A DAY OF SHARING**  
"HOW AL-ANON WORKS"

Saturday April 25

9 – 3

@

**St. Margaret's Retreat House**  
**47 Jordan Rd**  
**New Hartford**

**Free** Continental Breakfast  
& Lunch for \$10.00 Per Person

**Sponsored by Al Anon**  
**District 6**

Serving Oneida, Herkimer &  
Madison Counties

## PROGRAM

9AM- **BREAKFAST & REGISTRATION**

Welcome

9:30- **PANEL: Nuts & Bolts of Al Anon, or How It Works**

10:45- **DISCUSSION**

NOON- **LUNCH**

1:00- **SPEAKER**

2:00- **QUESTIONS & ANSWERS/  
GROUP ISSUES**



e-mail the district with any questions  
[smalltownrecoverynynd6@gmail.com](mailto:smalltownrecoverynynd6@gmail.com)

subscribe to the newsletter at  
<http://eepurl.com/gPyfcP>

Visit our website:  
[www.smalltownrecovery.home.blg](http://www.smalltownrecovery.home.blg)



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

SERENITY  
2020

Hyatt Regency, Rochester, NY

Registration Opens  
1 PM Friday & 8 AM Saturday

Special Room Rate  
Through February 24th

Please check website for details

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

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

## HELP WANTED !

For the 2020 New York North  
Fall Election Assembly

**September 25-27, 2020**

at the Comfort Inn and Suites on  
Buckley Road in Liverpool

**Hosted by Districts 10 & 18**

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

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

And, you get back much more than you give

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

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

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

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

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

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

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

**NO EXPERIENCE NECESSARY!!**  
**FOR MORE INFORMATION, CONTACT**  
**Jim M. (315) 491-5954**



# NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

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

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

There is no cost for an electronic copy.

Is this  a new subscription

renewal

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

NHL e-mailed to me (no cost)

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

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

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

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

### If Group Subscription

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

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

### Mail Subscription donations to:

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

### For address changes or updates

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

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

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

<u>Delegate</u> Molly C. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Alternate Delegate</u> Helen H. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Immed. Past Delegate</u> Diane C. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Chairperson</u> Ruth S. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>
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<u>Group Records</u> Patti M. <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Literature</u> Michael R. <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>	<u>NYNAC</u> Leslie C. <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>	<u>Public Outreach</u> Connie D. <a href="mailto:po@nynafg.com">po@nynafg.com</a>
<u>Presentation</u> Danae K. <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>Web Coordinator</u> Nancy P. <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> Pat H. <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>Alateen AMIAS</u> Mary D. <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
<u>Archives</u> Susan J. <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Panel 52 Past Delegate</u> Ruth S. <a href="mailto:Delegate52@nynafg.com">Delegate52@nynafg.com</a>	<u>Panel 49 Past Delegate</u> Elaine R. <a href="mailto:Delegate49@nynafg.com">Delegate49@nynafg.com</a>	<u>Panel 46 Past Delegate</u> Robert M. C. <a href="mailto:Delegate46@nynafg.com">Delegate46@nynafg.com</a>
<u>Panel 43 Past Delegate</u> Connie D. <a href="mailto:Delegate43@nynafg.com">Delegate43@nynafg.com</a>	<u>Panel 40 Past Delegate</u> Anne F. <a href="mailto:Delegate40@nynafg.com">Delegate40@nynafg.com</a>	<u>Panel 37 Past Delegate</u> LaVaughn R. <a href="mailto:Delegate37@nynafg.com">Delegate37@nynafg.com</a>	<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. <a href="mailto:mgregory@roadrunner.com">mgregory@roadrunner.com</a>	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. <a href="mailto:Wrsill533@aol.com">Wrsill533@aol.com</a>	<u>Panel 4 Past Delegate</u> Helen S.

**Submissions for  
April  
Northern Hi Lights**

Due by: March 15

Topic: Someone Else  
Understands

***SENDING DONATIONS TO  
NYN***

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

*Make payable to: NYN Area Assembly  
PO Box 2183, Syracuse, NY 13220*

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

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