

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

### Inside This Issue

Topic: Courage

#### Table of Contents:

- 1 Alternate Delegate
- 2 Chairperson  
Public Outreach
- 3 Web Coordinator  
NYN Alateen Coordinator
- 4 Group Records  
Convention Coordinator
- 5 Flyers
- 6 Flyers
- 7 Newsletter Editor
- 8 2019 Spring  
Assembly/Conference flyer
- 9 Contacts
- 10 Mailing/Subscription

Newsletter Editor Pat H.

Proofreaders: Jack H., John O.

# Northern Hi Lights

*Al-Anon News from New York North Area*

## Alternate Delegate

Hi New York North Family,

I have welcomed a new group, which is in Eggertsville, NY since last month. The name of the group is: **Western New York Power Hour**. If you are in that area, stop by the meeting to give it support.

Don't forget that in every *Forum*, every month, there is a sharing about the Step of the month, the Tradition of the month and a Concept of Service of the month, which you could utilize as you study them in your meetings or as a topic for a meeting.

As far as the topic of Courage for this month, I feel it took me Courage to decide to go to my first meeting, and certainly to return for my second meeting. Every time I have decided to become an officer for New York North, or the World Service Office, it has taken courage, especially because I still have low self-esteem. I think the position that took the most courage was to stand a second time for Literature Coordinator since I was not elected the first time. In fact, I had to wait 3 more years in order to do that. As it says in *From Survival to Recovery*, Al-Anon is like the *Wizard of Oz*, where we find strength, courage and our hearts.

**Helen H.**

#### 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)

## Chairperson

Dear NYN Friends,

The Spring Assembly/Convention will be held May 17-19. As I wrote in last month's article, one of the agenda items will be voting on NYN's revised Alateen Guidelines. This has been a project that members have been working on for a number of years.

In order for all members to be well informed as to what these guidelines contain, they have been posted on the NYN website. If you have not reviewed them yet, please take a few minutes and do so.

I know there will be a lot of discussion about the guidelines. I am hoping that everyone will be well informed and that this will be a meaningful experience for all.

This month's theme is courage. When I first saw this I immediately began to think about honesty. When I first came to Al-Anon this was one of the first concepts I heard. That Al-Anon was an honest program. That in order for me to grow in Al-Anon I had to be honest in my program both with myself and with everyone else. How could I expect to grow if I was not?

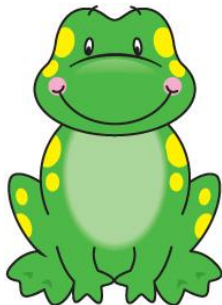
For me this took a lot of courage. For so many years I had used manipulation, half-truths, and sometimes outright lies to get the alcoholic in my life to do what I wanted (of course, it was for his own good). I had to let go of that old way of doing things if I was ever going to get better.

This was scary. It took a lot of courage to begin to live an honest life, with my alcoholic, with myself and with all of you. I learned quickly that I did not have to do this alone, that you were there with me. I am so very grateful for these lessons. I can truly say that I now live an honest life. This is because of the courage that was given to me to take those first steps.

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

Gratefully in Service,

**Ruth S.**



## Public Outreach

### APRIL IS ALCOHOLISM AWARENESS MONTH

and I am hoping that each one of us can reach out and give the message of hope to those in need. Remember what it was like before you found Al-Anon/Alateen Family Groups?

Our topic this month is *Courage*. It took courage to walk into my first Al-Anon meeting. It felt safe. It took *Courage* to step outside my comfort zone and try a second meeting, a Day of Sharing, a service position in my home group, a service position at the District level and Area level and at the World Service Conference level. I never had to do it alone. My sponsor and members were always there to support me with their experience, strength and hope. It took courage to become an Alateen sponsor. Thank you to teens and sponsors for walking the road with me. It takes courage to trust. Trusting my Higher Power has been a gift. It has helped me to step through fears and move forward.

Public Outreach is a place to practice courage. Remember that we never have to do anything alone. It can even be fun! There is still time to reach out to schools that may have health fairs or reach out to schools to present a program in health classes. You only have to share your experience, strength and hope. If someone asks a question and you don't have an answer, it's ok. You only have to be honest and vulnerable enough to admit you don't have all the answers, but you will find out and get the information to them. So many people still don't understand what Al-Anon and Alateen is. Let's keep reaching out to the young and old that still need help.

Encourage members to come to our Spring Convention and Assembly. If you can't come for the weekend, come for the day. It takes courage to try new things, but you will receive an amazing welcome from others like yourself who are recovering from the family disease of alcoholism. Your recovery family will grow by leaps and bounds as you make new friends. As with any project or event..."**Just get in the car.**" Travel with a car full and have a meeting as you travel to your destination!

Hope to see you in Rochester,  
Together we can make it!

**Connie D.**

## Web Coordinator

I have just finished writing my Spring 2019 Web Coordinator Report which you can find on the NYN Website. You will find Office/Coordinator reports under **NYN Newsflash**. This report will give you an update on what I have been doing this month. At the Spring AWSC meeting, I will be projecting Officer/Coordinator reports on the wall screen for all to read.

One of my goals this year is to encourage someone to stand up in 2020 for Website Coordinator. My service sponsor has always led me into the service positions I have held. If I did not have the **courage** to stand for a position in my group, my district, or my area, I always had a good guide on the side who has shared her experiences in service with me. I believe these shared experiences have given me the **courage** to say yes. She knows my skill set and always has reminded me this is a "we program". I am never alone if I have questions and concerns. Service is where I could see the Al-Anon Steps, Traditions and Concepts all working together to accomplish the work of Al-Anon. If you want to grow in your program, please look at the skill set you need to become the Website Coordinator. Job descriptions are on the NYN website, go to the **HOME** menu - choose **Area Information and Forms**, then click on **NYN Area Officer/Coordinator Positions**. Please ask me if you have any questions about this position.

Yours in service,  
**Nancy P.**

### Submissions for May Northern Hi Lights

Due by: April 15  
Topic: Wisdom



## NYN Alateen Coordinator

Years before I came to Al-Anon, I gave a lot of thought to the meaning of the word courage. Early on I rejected the idea that courage and fear were opposites. If there is no fear, then courage is not needed. Fear is a feeling, but courage involves action.

In Al-Anon I have learned to identify my feelings, feel my feelings, and accept them. No longer do I believe that I have no feelings. Once they are on the table, I have the opportunity to take action. Now, more than not, I decide to do the next right thing, and then, actually do it!

Yes, God grants me the courage to change the things I can. I just need to be willing!

*The basic information about NYN's newest Alateen group registered on 1/30/19 is: Tuesday Night Alateen; Corning, NY 14830; District 11.*  
**CONGRATULATIONS!!**

All of NYN Al-Anon will be supporting you in attracting teens in the Corning area to your group. Thank you for your service!

Our fifth Alateen Interest Meeting using Zoom was planned for March 16th at 9am. We will continue to learn about that video conferencing platform, how to use it, and discuss how it might be used as a tool in Alateen. We will also share some information and insights from the February 25th phone conference with WSO (World Service Office) staffers.

Hope to see you in May at Spring Convention in Rochester,

In Al-Anon service,

**Sandy A.**

## Group Records Coordinator

### COURAGE

I love definitions. I have found that really understanding the definition of the many words that I hear in Al-Anon helps me to take an honest look at my behavior.

I have always been controlled by my fear. I am not a brave person. But at one meeting our topic was COURAGE. The definition that stuck with me was that COURAGE IS MOVING FORWARD IN SPITE OF FEAR. I had done that!!

I had moved forward in Al-Anon in spite of my alcoholic's rage and anger. I had done things that made me shake with fear and that made my heart pound. But Al-Anon was always there to support me...And I did them!!

So I found out that it's OK to be fearful. Without fear I would not have had the opportunity to find my courage.

**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.

Yours in Service,

**Kevin M.** convention@nynafg.com



## 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*



## Greece Aldersgate Al-Anon Group Anniversary Meeting

Please join us to commemorate our  
55<sup>th</sup> Anniversary

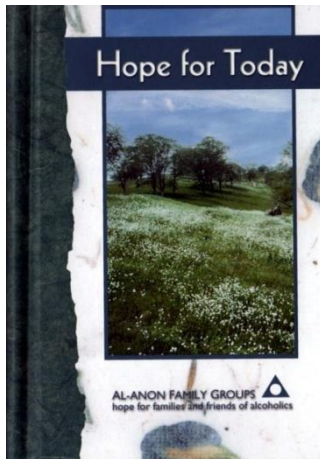
**April 15, 2019**

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



## District #3 Annual Day of Sharing

Bloom in Al-Anon  
Progress not Perfection

Saturday, April 27, 2019  
9:30am-2:30pm

Donation \$4.00

N.S.E.A. Office, 210 S. Main Street,  
N. Syracuse 13212

Discussion Groups, Al-Anon & A.A. Speakers  
Raffle Baskets, Literature Table, 50/50 Raffle

*Light Breakfast & beverages provided*

*Pot Luck Lunch*

(Bring a dish to pass - enough to feed 6 people)

**From the South:** Take 81 North to Exit 26-  
Mattydale. Keep left to take US-11 N.  
Continue to follow US-11 N. to N. Syracuse.  
210 South Main Street is on the left across  
from a funeral home.

**From the North:** Take 81 South to Exit 30  
- Cicero/Bridgeport. Turn right onto E.  
Seymour/NY 31. Take 2nd left onto  
Brewerton Road/US 11 S. Continue to follow  
11 S to 210 South Main Street on the right  
across from a funeral home. (Corner of Rt.  
11 & Palmer Avenue).

Additional Parking is available across S. Main  
Street in the Early Education/Main Street  
Building lot.



### District 18 Annual Picnic!

Fellowship!  
All ARE WELCOME!



Join us on  
**Sunday, August 4, 2019**

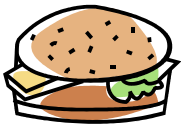
\$3 person/\$5 family  
Donation appreciated

Proceeds to benefit the District 18 Treasury

**9:00 AM – 2:00 PM**

At Cedar Bay Park, Dewitt, NY

Fellowship found here!



Coffee, Water, Burgers  
and Hotdogs Provided

Bring a Dish to Pass

Raffles

Open Al-Anon Meeting at 10:00 AM  
Spirituality Panel @ 12:30 PM



We'll See You there!



\*\*\*\*\* NEW MEETING \*\*\*\*\*

# NEW BEGINNINGS AL-ANON OPEN MEETING

**Every Monday Evening  
5-6PM**

St. Agnes Church Basement  
169 Hillcrest Avenue  
Lake Placid, NY

Enter through the side door -  
walk down the stairs and the  
meeting room is on the right,  
past the main room.

Al-Anon can help you learn  
how to cope with the  
challenges of someone  
else's drinking.



ALL ARE WELCOME!

# Newsletter Editor

Rather than a usual article this month, I thought I'd share some of our abbreviations that we commonly use but may be "foreign" for newcomers. I hope this helps in some way.

Keep the articles coming. See you in May.

|                    |   |
|--------------------|---|
| AAPP               | Area Alateen Process Person                                 |
| AFG                | Al-Anon/Alateen Family Groups                               |
| AIS                | Al-Anon Information Service                                 |
| AMIAS              | Al-Anon Member Involved in Alateen Service                  |
| AWSC               | Area World Service Committee                                |
| CAL                | Conference Approved Literature                              |
| CMA                | Current Mailing Address                                     |
| DR                 | District Representative                                     |
| GR                 | Group Representative  |
| ISR                | Information Service Representative                          |
| KBDM               | Knowledge Based Decision Making                             |
| LDC                | Literature Distribution Center                              |
| NORTHERN HI LIGHTS | NYN Newsletter  |
| NYN                | New York North  |
| NYNAC              | New York North Alateen Conference                           |
| PO/CPC             | Public Outreach/Cooperating with the Professional community |
| TEAM               | Together Empowering Al-Anon Members                         |
| WSC                | World Service Conference                                    |
| WSO                | World Service Office  |
| NERD               | North East Regional Delegates                               |

ESH Experience, Strength and Hope

Area Officers - Alternate Delegate, Chairperson, Delegate, Immediate Past Delegate, Secretary, Treasurer

Area Coordinators - Alateen/AAPP, Archives, Convention, Group Records, Literature, Newsletter, NYNAC, Presentation, PO/CPC, Web

## Al-Anon Declaration

Let It Begin With Me

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there and Let It Begin With Me.

## The Al-Anon Program

Our Three Legacies:

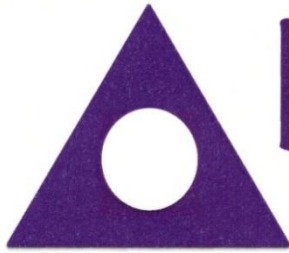
Recovery Through the Steps

Unity Through the Traditions

Service Through the Concepts

**Pat H.**





# Recovery

## ROOM TO BLOOM



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

**Room Reservation Deadline is Friday, April 26<sup>th</sup>, 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](http://www.ritinn.com)

Come early & visit the lilac festival [www.rochesterevents.com/lilac.festival/](http://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](mailto: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.**

|  |  |  |   |
|--|--|--|---|
| <u>Delegate</u><br>Molly C.<br><a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>                    | <u>Alternate Delegate</u><br>Helen H.<br><a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>  | <u>Immed. Past Delegate</u><br>Diane C.<br><a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>  | <u>Chairperson</u><br>Ruth S.<br><a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>   |
| <u>Treasurer</u><br>Pam A.<br><a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>                   | <u>Alateen</u><br>Sandy A.<br><a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>                     | <u>Secretary</u><br>Kathleen M.<br><a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>  | <u>Convention</u><br>Kevin M.<br><a href="mailto:convention@nynafg.com">convention@nynafg.com</a>   |
| <u>Group Records</u><br>Patti M.<br><a href="mailto:records@nynafg.com">records@nynafg.com</a>                 | <u>Literature</u><br>Michael R.<br><a href="mailto:lit@nynafg.com">lit@nynafg.com</a>                        | <u>NYNAC</u><br>Leslie C.<br><a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>  | <u>Public Outreach</u><br>Connie D.<br><a href="mailto:po@nynafg.com">po@nynafg.com</a>   |
| <u>Presentation</u><br>Danae .<br><a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>         | <u>Web Coordinator</u><br>Nancy P.<br><a href="mailto:web@nynafg.com">web@nynafg.com</a>                     | <u>Newsletter</u><br>Pat H.<br><a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>  | <u>Alateen AMIAS</u><br>Walt S. (temporary)<br><a href="mailto:amias@nynafg.com">amias@nynafg.com</a>   |
| <u>Archives</u><br>Susan J.<br><a href="mailto:archives@nynafg.com">archives@nynafg.com</a>                    | <u>Panel 52 Past Delegate</u><br>Ruth S.<br><a href="mailto:Delegate52@nynafg.com">Delegate52@nynafg.com</a> | <u>Panel 49 Past Delegate</u><br>Elaine R.<br><a href="mailto:Delegate49@nynafg.com">Delegate49@nynafg.com</a>   | <u>Panel 46 Past Delegate</u><br>Robert M. C. .<br><a href="mailto:Delegate46@nynafg.com">Delegate46@nynafg.com</a>   |
| <u>Panel 43 Past Delegate</u><br>Connie D.<br><a href="mailto:Delegate43@nynafg.com">Delegate43@nynafg.com</a> | <u>Panel 40 Past Delegate</u><br>Anne F.<br><a href="mailto:Delegate40@nynafg.com">Delegate40@nynafg.com</a> | <u>Panel 37 Past Delegate</u><br>LaVaughn R.<br><a href="mailto:Delegate37@nynafg.com">Delegate37@nynafg.com</a><br><br><u>Panel 34 Past Delegate</u><br>Sherry B.<br><br><u>Panel 31 Past Delegate</u><br>Arlene M.<br>(Deceased) | <u>Panel 28 Past Delegate</u><br>Mary G.<br><a href="mailto:mgregory@roadrunner.com">mgregory@roadrunner.com</a><br><br><u>Panel 25 Past Delegate</u><br>Marcia J.<br><br><u>Panel 22 Past Delegate</u><br>William Sill<br><a href="mailto:Wrsill533@aol.com">Wrsill533@aol.com</a><br><br><u>Panel 4 Past Delegate</u><br>Helen S. |

*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](mailto: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](mailto:records@nynafg.com)

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