

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

Inside This Issue

Topic:

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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



Feeling the love  from home. They were in my room after the opening dinner. I love you NY North! Thank you!

Peace,
Molly C.

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

Alternate Delegate

Hi New York North Family,

Since last month, I have welcomed 4 more new groups; one each in Illion, Saranac Lake, Ithaca, and Geneseo. I always get excited to receive the information and send them a welcome letter accompanied by a *Forum*. The one thing that does not excite me is when a meeting begins in a Dim and Dark district and I do not have a current contact person from one of those 3 districts. The districts of **6, 11 and 20**. If someone from one of those districts reads this and would like to be the contact person for new groups, it would be extremely appreciated. My information is on the back page of this *Hi Lights*.

One way that the *Forum* can be utilized especially if you have a personal subscription or receive the groups' subscription is to share an article with your group during the announcement part of the meeting.

The topic for this month is Wisdom. True wisdom starts with a heart full of faith, not a head full of facts. (As We Understood) As we go to meetings and hear the personal sharing of others experience, strength and hope we gain wisdom that we can use in our lives and thus begin to live a more healthy life. Wisdom comes from admitting we don't know everything, and don't have all the answers to everything. Doing nothing when we have no idea what to do shows wisdom on our part. Wisdom comes from keeping your mind and ears open at all times because you never know from where a nugget of wisdom may come.

Helen H.

Submissions for June Northern Hi Lights

Due by: May 15

Topic: Keeping an Open Mind

Chairperson

The AWSC meeting was held on March 30th. At that time a number of items were discussed and some were voted on. Also the agenda for the Spring Assembly was set. It was a good meeting and a lot of work was done.

The Group Records Coordinator will now be the liaison between groups and the insurance agent for NYN's liability insurance. Now when a request for a Certificate of Insurance is completed you will send it to the Group Records Coordinator, Patti M. She will send it to the agent and when the Certificate is complete she will return it to the group or district requesting it. The instructions on the NYN website have been updated.

The Spring Assembly/Convention will be held May 17 -19 in Rochester. There are two important items on the agenda. The first will be the Delegate, Molly's report from the 2019 World Service Conference.

The second important item is the revised Alateen Guidelines for NYN. You can find these on the NYN website. If you haven't reviewed these please do so before the assembly. NYN has been working on these guidelines for the past 3 panels. There has been a lot of thought and effort on these revisions.

I'm sure there will be a lot of discussion on them before the final voting. One thing I hope everyone remembers is that in all aspects of our lives it is "progress not perfection".

I will not be at the Spring Assembly/Convention this year. I am having my left knee replaced on Monday, May 6th. Thanks to Al-Anon I have learned that I must be healthy before I can be of use to anyone. I has asked Susan A., Chairperson from Panel 55 to chair for me. I am very grateful to Susan for saying yes to me.

Gratefully in Service,
Ruth S.

Immediate Past Delegate

This Spring has been a very busy one for me personally and it has been hard to concentrate on New York North.

I attended NERD (North East Regional Delegates) in March with Molly and met with all the new and returning Delegates from the North East States. It gave me a chance to interact with them and to learn from them. We explored thoughts on:

How Areas work with groups who do not follow the Traditions and what we do to work with them before they are removed from our Schedules. I do not know if this is a problem here in New York North but I thought that if it is, I do hope the District Representatives will feel free to contact either the Current or a Former Delegate to work with them to help these groups before it become necessary to remove them. Sometimes it's just a matter of miscommunication or lack of education where these problems arise. Let's work together to have Strong Groups.

There was also a workshop on Bias. I thought I knew what Bias meant but the Presenter show me areas that I did not think of such as:

- A.** Don't assume that a Male Newcomer who comes to the door is looking for an AA Meeting and you direct them down the hall?
- B** Do I talk only to members I see every week and ignore everyone else before and after the meeting?
- C.** Do I criticize people who do not want to give Service to our meeting or at other levels without knowing their personal circumstances? (Maybe they have young children at home or an active Alcoholic who they can't leave children with. Maybe they have fears that I don't have).

This presentation made me think and I hope that it will help you to look at yourself and see if you have bias's that even though they are not intentional we still have and we would not want it to keep anyone

away from receiving the spiritual benefit that our Program has for them or us.

A skit was presented about the use of the Service Manual to find out information about how to run a meeting, who can be a GR, DR, Officer or Coordinator, what our responsibilities are, the Policies of Al-anon, how to use our three Legacies , (Steps, Traditions, & Concepts) to enhance our Recovery. After this was presented I knew that there was a lot more about the Service Manual I did not know about and I knew it was time to read it again. I encourage you to use it as well to answer questions that you might have regarding Al-Anon Service. If your Group does not have one contact your Area Service Center to purchase one (can also be ordered directly on the WSO website)

Again I will be leading the New Group Representatives Meeting at the Spring Assembly (early Saturday Morning). Please attend to meet other new GR's and to receive information that will help you to understand how Service works.

If you attended the last TWO NEW GR Meetings and did not receive a packet of information please see me at the Assembly, or contact me with your name, address, groups name & number and District in order for me to get it to you. I have lost that information and I apologize for not getting this to you earlier.

Diane C.



Public Outreach

Our topic this month is “Wisdom”. Thank you to the *Serenity Prayer* for helping me to sort things out in my life. The “*wisdom to know the difference*” leads me to ask for guidance from my Higher Power. I know that throughout my life my decisions have not always been healthy because I totally depended on myself and the information I felt was fact. Finding Al-Anon has been a gift of a better life. It has been a struggle to let go of things that I couldn't control and making room for the growth opportunities that have been placed in my path. So fast forward to now...today...it is really all I have. My opportunity has been to step up to Public Outreach for New York North.

I have wavered between “What did I do?” and “I'm happy for the challenge!” Knowing that there are many willing to carry the message, has soothed my fears. I am excited when members reach out and ask for ways to do this. I know that I can complicate the easiest of tasks. I encourage each one of you to keep it simple. While I was in California, I heard a message. The topic was “The Importance of Little”. Often it is the smallest effort that makes a huge difference in someone's life. Reaching out the hand of Al-Anon/Alateen to someone who seems to have lost hope can be momentous in his/her life. Remember where you were before Al-Anon. Leaving bookmarks with local contact info in libraries, churches, schools etc., opens the door to those that have no idea there is support available to them. You may never know that because you reached out, someone found the program. That person may never know it was you that left the information. This is gratitude in action!

I will have literature, bookmarks and information at the Spring Assembly and Convention in Rochester. Check out the display. I also will do my brief, keep it simple job description presentation. Hard to believe that I am half way through my term. If you think you might be interested, please come and talk to me. It can be a fun and rewarding ride and maybe even have the opportunity to gain a little wisdom!

Connie D.

Literature Coordinator

I hope the nicer weather has touched your heart and soul as we start to enjoy the perks of springtime. As we get closer to the arrival of the Spring Assembly in Rochester, I am looking forward with anticipation to the weekend.

The last few months have been challenging ones for me. My father has been experiencing a severe health crisis, so I have been traveling back and forth to Plattsburgh to help ease my brother's burden of doctors' appointments, tests, grim diagnoses, and interminable hospital stays. I appreciate all the words of encouragement and support that members of Al-Anon have bestowed on my family and me. I thank everyone from the bottom of my heart.

The topics of courage and wisdom are quite appropriate for our newsletter themes. Prior to my arrival at the doors of Al-Anon, I thought I had all the answers, and no one but I could solve the problems of the world. I struggled with the realization that people, places, and circumstances were beyond my control.

Thanks to the Serenity Prayer, I now have the courage to accept the things I cannot change, and the wisdom to know the difference. While I know I am unable to control anyone but myself, thanks to the program, I am braver and wiser now. I know I can rely on my Higher Power and the support of my Al-Anon family to get me through the rough spots and the speed bumps of Life.

Enjoy the sunshine, and I look forward to seeing everyone in May.

With love and appreciation

Mike R.

NYN Alateen Coordinator

Our monthly Alateen Interest Meetings (AIM) via Zoom have Involved about 15 different participants. Each meeting has had 4 to 7 in video attendance. In light of the result of the survey for preferred day and time, we will rotate the future meetings among Saturday, Monday, and Thursday.

However, in May we will have a regular face to face AIM during the NYN Spring Convention at 8am on Sunday. One item on the agenda will be plans for AMIAS Education. I hope to see many of you at the RIT Inn & Conference Center May 17-19.

The rotation of Zoom AIMs will resume on Saturday, June 15 from 9-10am. If you would like to join us on Zoom for that meeting, please contact me for the entry code.

WISDOM

Sometimes I feel like I don't have much wisdom at all. Usually it's in an "open mouth, insert foot " experience. When I look back at my dealings in relationships since coming to Al-Anon, I can see that I have gained some wisdom. Most of it has come from listening to fellow members share their ESH (experience, strength and hope) , and using prayer before other action.

Being HONEST with myself is a prerequisite to using both of these tools. I have to be OPEN to new ideas and possible solutions. Becoming WILLING to take the risk of change has to be part of the process. I can gain wisdom only from experience. Book-learning is fine, but wisdom comes from the school of hard knocks. The lessons of keeping my mouth shut, admitting that I'm not always right, and squelching the urge to voice my opinion are still difficult at times.

I have to keep coming back,

Sandy A.



Group Records Coordinator

WISDOM

In the Serenity prayer I ask my Higher Power for "the Wisdom to know the difference".

If I am given this wisdom where does it come from and how have I received it? Wisdom can't be wrapped up like a present and left on my doorstep. I can't go to the store a buy it.

To figure this out I went to my dictionary... Wisdom is the product of knowledge and experience.

I have received the gift of wisdom through Al-Anon. By going to meetings, listening and reading Al-Anon literature I have been given the knowledge and experience of previous generations.

All I need to do is to put that knowledge and experience to use in my own life. By learning through what others have shared I can gain serenity and wisdom. When I share at meetings I hope I can pass on to others the wisdom that was so freely given to me.

Patti M.

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*

Treasurer's Report

February

NYN Financial Statement

Beginning Balance 1/31/19	\$31,807.86
Receipts	\$ 124.00
Bank Service Fee, Feb. 2019	(\$2.00)
Disbursements	(\$2,245.50)
Ending Balance 2/28/19	\$29,684.36

Reserve Fund 1/31/19	\$10,735.20
Bank Service Fee Feb. 2019	(\$2.00)
Reserve Fund Balance 2/28/19	\$10,733.20

Mutual Funds Est. 2/28/19 **\$3,018.28**

Receipts	Group #	Amount
Progress Not Perfection Sat. AM		
Ithaca	30606210	\$27.00
New Baltimore AFG	????????	\$22.00
Serenity Seekers AFG	30576552	\$25.00
Rochester Area Group	5134	\$50.00
Northern Hi-Lights		\$ -
Total		\$124.00

Expenses	Ck#	Amount
Newsletter Printing	1417	\$46.00
2019 Fall Assembly		
Seed Money	1418	\$1,000.00
2020 Spring Assembly		
Seed Money	1419	\$1,000.00
Public Outreach	1420	\$110.00
Website Domain Fees	1421	\$89.50
Total		\$2,245.50

March NYN Financial Statement

Beginning Balance 2/28/19	\$29,684.86
Receipts	\$ 972.74
Bank Service Fee, March 2019	(\$2.00)
Disbursements	(\$2,245.40)
Ending Balance 3/31/19	\$28,409.70

Reserve Fund 2/28/19	\$10,735.20
Bank Service Fee March 2019	(\$2.00)
Reserve Fund Balance 3/31/19	\$10,731.20

Mutual Funds Est. 3/31/19 **\$3,018.28**

Receipts	Group #	Amount
Niskayana AFG		\$15.00
Andes AFG	30661311	\$50.00
Courage to Change Mon 7:30	63806	\$25.00
Penn Yan AFG	??????	\$70.00
Circle of Hope Styracuse	????	\$71.00
Tuesday Noon AFG	65578	\$100.00
Cortland AFG	9696	\$50.00
Sunday Evening Adult Children	30660903	\$20.00
Lake Placid Asha-Hope	66239	\$75.00
District #19	Dist 19	\$100.00
Queensbury	9763	\$45.00
Saratoga Springs area	40786	\$100.00
Webster Monday	30669741	\$20.00
Rochester area group	27134	\$50.00
District #25	Dist 25	\$20.00
Serenity @Noon Webster	502088	\$20.00
Munnsville area	10188	\$40.00
Faith Group Cicero	9679	\$36.74
Tuesday AM Adult Children AFG	31686	\$25/00
AFG Friday	9828	\$30.00
Northern Hi-Lights		\$10.00

Total **\$972.74**

Expenses	Ck#	Amount
Newsletter Printing	1417	\$46.00
2019 Fall Assembly		
Seed Money	1418	\$1,000.00
2020 Spring Assembly		
Seed Money	1419	\$1,000.00
Public Outreach	1420	\$110.00
Website Domain Fees	1421	\$89.50
Total		\$2,245.50

Convention Coordinator

Hey NYN members,

I hope everyone has made their plans for the Spring Convention/Assembly. Walk-ins are welcome. Just come for the day. 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).

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

Albany/Troy Area

Fall 2020 District 18 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.

When I think of "Wisdom", I think of the serenity prayer and the "wisdom to know the difference." When I was working Step 1 with my Sponsor, she asked "How would I know the difference between what I can and cannot change? "Being early in my recovery (and not very present) I think I just stared at her blankly, and the answer she gave has stuck with me throughout my recovery, what body am I in? I can only change my actions and what is within me. I cannot control or change another person (at that time I still thought I could). I find myself questioning how someone is doing something (i.e. not my way) or unclear about what is mine and what is yours, I think back to that piece of wisdom my Sponsor gave, what body am I in?

Yours in Service,

Kevin M. convention@nynafg.com

Newsletter Editor

Upcoming Topics

Due May 15 - Keeping an Open Mind

Due June 15 - Honesty with Self

Definition - Wisdom is the ability to think and act using knowledge, experience, understanding, common sense and insight. Wisdom is associated with attributes such as unbiased judgment, compassion, experiential self-knowledge, self-transcendence and non-attachment, and virtues such as ethics and benevolence.

How many times have I acted without thinking? Too many to remember. I need to remember to slow down and truly think through a situation before acting on it. This is showing wisdom. Listening to learn and not just hear I feel is an important part, too.

As I was thinking about what wisdom encompasses I kept hearing the song *Let It Be* by the Beatles . . . Let it be, let it be

Let it be, let it be

Whisper words of wisdom

Let it be.

There is a lot of wisdom there to let things be. I don't have to solve all the worlds problems by myself.

Pat H.





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!

Let it begin with me,
I want to be a lighthouse,
not to rescue,
but to help others
find their way.



The Calm in the Storm

Al-Anon Group

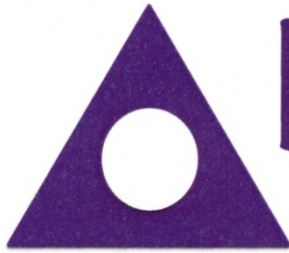
12th Anniversary Celebration

Thursday, May 9, 2019, 5:30 p.m.

St. Stephen's Episcopal Church, 25 Oxford Road, New Hartford

Enjoy a Buffet and Speaker

A dish to share would be appreciated



Recovery

ROOM TO BLOOM



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.

<u>Delegate</u> Molly C. delegate@nynafg.com	<u>Alternate Delegate</u> Helen H. altdelegate@nynafg.com	<u>Immed. Past Delegate</u> Diane C. ipd@nynafg.com	<u>Chairperson</u> Ruth S. chairperson@nynafg.com
<u>Treasurer</u> Pam A. treasurer@nynafg.com	<u>Alateen</u> Sandy A. alateen@nynafg.com	<u>Secretary</u> Kathleen M. secretary@nynafg.com	<u>Convention</u> Kevin M. convention@nynafg.com
<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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<u>Panel 43 Past Delegate</u> Connie D. Delegate43@nynafg.com	<u>Panel 40 Past Delegate</u> Anne F. Delegate40@nynafg.com	<u>Panel 37 Past Delegate</u> LaVaughn R. Delegate37@nynafg.com <u>Panel 34 Past Delegate</u> Sherry B. <u>Panel 31 Past Delegate</u> Arlene M. (Deceased)	<u>Panel 28 Past Delegate</u> Mary G. <u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.



Northern 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