



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

Inside This Issue

Topic: DECISIONS

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

It took me a long time to understand that not making a decision was in fact making a decision. The first time I heard this paradox I scoffed. In my mind this was just another of those trite Al-Anonism - just meaningless words. It defied logic. Not doing something was the absolute opposite of doing something. So as with anything that was foreign to my way of thinking, I just threw it into that big trash heap of useless information.

Somewhere between these two extremes there is a balance. Many years ago I heard a wise person say, "things that are urgent are rarely important, and things that are important are rarely urgent." Over the years, this has served me well. Sadly, life has given me quite a few moments that on the surface appear both urgent and important. I have discovered there is always time to take a deep breath and seek guidance from a power greater than myself before acting. When I take this approach the outcome for me is always better.

Last month I made the decision not to make a decision concerning writing my monthly article. Initially, I forgot about writing a (cont'd 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

For more information visit the following websites:

New York North: www.nynafg.com WSO:
www.al-anon.alateen.org

(cont'd from page 1)

Northern Hi Lights article - as my focus was on writing my first AWSC report. Once I realized this oversight, I kept procrastinating. Then I thought about sending Pat an email asking for an extension. Again, I kept procrastinating. Finally, I realized that I just didn't have it in me to fulfill this obligation. It was then that I realized my decision to skip a month had already been made.

The WSC is less than a week away and conference materials are pouring into my email daily. My mail carrier is also delivering Area love gifts. Not to be outdone, NYN sent out a love gift to all 67 delegates last week. During the conference, I will be part of the 2022 Diversity Thought Force presentation, which Emily K. was instrumental in creating. Thankfully, I only have two small lines.

Each delegate was asked to select 18 Conference Agenda Items (CAI) out of the 54 submitted. I selected items concerning Al-Anon's stagnant growth, service - how to get new people involved and knowing when it's time to step aside, Alateen concerns including AMIAS, modeling spiritual principles, concerns surrounding electronic meetings, diversity and inclusion, how to best support all of our service arms. Finally, the topic that leaped off the page - "Young People in Al-Anon: Members Not Miracles (by their own words).

Why, you may be wondering? Those were the words I frequently heard when I first started attending Al-Anon meetings. It made me feel different. I was already struggling to identify with these 'old' women. Each time someone said that to me, it felt like my struggles were being diminished. This left me feeling resentful and striking back with "just imagine how messed-up my life already is to get me here so young". Honestly, it never occurred to me that my experience wasn't unique - unusual but not unique. Having this as a potential agenda discussion at my first World Service Conference is mind-blowing.

Thank you for the privilege to be NYN's link between our Al-Anon groups and the World Service Office.

Kathi D.

Public Outreach Report

Hi My New York North Family,

First, I need to apologize. I thought I wrote down all your questions during the AWSC meeting. I am not sure that I did. During the discussion that followed I believe the questions I had written down were answered. If you still have questions. Please email them to me at publicoutreach@nynafg.com. Thank you. Again, I apologize for any lapse of recording the questions correctly.

Our topic for this month is wisdom. I am not sure I can answer that question either, but I feel it is the ability to see things clearly and to be in the total reality of the situation. I use the wisdom of the group, my sponsor and talking ideas over with my Al-Anon friends if I am feeling conflicted about any given situation. I feel that reaching out to others and talking to my Higher Power in prayer are other ways I can discern wisdom. I try to listen for that still small voice of guidance that I sometimes receive in my practice of meditation. I have learned to trust that voice if I am lucky enough to be given that gift in the various situations that I might be struggling with.

Thank you for allowing me to serve you all as your Public Outreach Coordinator. Progress not perfection.

Respectfully submitted,

Lynda (Lynn) S.

Day of Sharing
June 4, 2022
Sponsored by
District 9
AL-ANON

Participation
is the KEY
to
HARMONY

Virtual Zoom from
1:00 to 300 PM
Saturday

<https://us02web.zoom.us/j/4139613284>



E-Meeting Host

Spring is definitely in the air, despite the occasional cold snaps and pesky precipitation that has plagued our area in the last few weeks. I hope everyone has found the outlets they need for better health and recovery in attendance at meetings (whatever the format may be), reading of CAL literature and daily readings, and reaching out to other in the program through phone calls, emails, or face-to-face visits. After two years of isolation and withdrawal, it feels good to know there are signs that none of us are alone when we have the lifesaving program of Al-Anon.

This month's topic is Decisions. This reminds me of some of the darker days I experienced in my life, most of them prior to my entering the rooms of Al-Anon. The decisions I made in those days were based on fear, anger, resentment, and outright rage. I was furious with what my son was doing with his life, and his decisions impacted the rest of the family. When I chose a particular course of action, I made my decisions out of desperation; I felt like I was drowning in a sea of denial, with no hope of reaching a safe port in the storm. My life jacket was weighed down with my failures and self-recriminations, and all I could do was pray that something good might happen in the dark and gloomy days ahead.

Twelve years into the program, my dark and gloomy days have been replaced with blue skies of hope and opportunity. The decisions I make nowadays are motivated by love, satisfaction, and trust in my Higher Power. If I cannot make a decision with confidence and certainty, I let go and let God take care of the business at hand. My decision to turn it over to my Higher Power is a sound one, because I know that the possibilities are endless when I leave it in His capable hands.

I hope everyone enjoys the warmer weather and the benefits of the program. With Al-Anon under our belts, nothing is impossible. We can do more than just survive – we can thrive, because joy is unspeakable, faith is unsinkable, love is unstoppable, and anything is possible!

With love and gratitude,

Mike R.



Group Records

DECISIONS WITH A LITTLE BIT OF
WISDOM



Realizing I missed last month's topic submission of WISDOM I thought I could combine that topic with May's topic of DECISIONS.

I can easily combine both words into one complete sentence that sums up my journey in Al-Anon. My Higher Power has granted me the WISDOM to make correct DECISIONS for ME! Up until my entrance into my program, I made decisions for everyone else in my family, wise or unwise, I made them! Maybe it was a necessity, maybe control and maybe I just got caught up in my family's issues and internalized them until ALL DECISIONS affecting us were mine. It felt so easy and natural to do so, until one day the insanity of it all settled on me and I didn't, couldn't and shouldn't have made those decisions for ANYONE but MYSELF. Since that enlightenment, it has been such a wise relief to let go of the responsibility of others. It is so freeing to Live One Day at a Time and to be accountable only for ME! With Al-Anon's wisdom and approach to having control only of ME, my decisions have been positive with very few underlying problems. I believe the program has allowed me down a path of wise recovery for me.

Respectfully submitted,

Joan L.



Newsletter Editor

The best decision I've ever made was coming to Al-Anon. I have learned how to deal with what I have been entrusted with in my life. Often, the principles of Al-Anon spill over into other areas and help me make good decisions.

In service,
Pat H.

AAPP

When I think I have the answer it is only an answer. My thinking can still be very limited. I was born in the late WWII era and grew up as a country bumpkin. My thinking and exposure were in a box. In school it was memorization. Then in High School my thinking was more limited when it came to interpretation of literature. The only thing I knew was what was heard at home and material memorized. So limited, so fearful, and no self esteem. More schooling, then marriage and child rearing. Well, can you imagine communication skills. Correct. There were none. And fear of not doing things right. I was just living by the record in my head. Desperation came when I was exhausted trying to fix life and make it better.

Well, then I took a big step and saw a counselor. Al-Anon was immediately recommended.

What a tremendous difference. Choices and having an open mind. My thoughts were not the only ones about a subject. So much has been learned from others by their thoughts and sharings and allowing options in their life. Willingness to use the steps, slogans and many Al-Anon tools in my life brought freedom to my children to be able to make their choices, too.

Keeping an open mind takes much willingness. It makes me think of the abbreviation WHO (willingness, open mindedness, and honesty). Handing it over to the higher power and asking for help. Keeping an open mind allows me to see the world around me without restriction.

Be tolerant and generous. Consider feelings. For example, some voices are uncomfortable or is it the person attached to the voice? Whichever, I've come to accept that I can take what I want and leave the rest. The person is sharing and for that I am grateful. You never know what you may learn from one another.

In Al-Anon I found that my recipe is not the only recipe for making a meal and/or living life. Each of us has our own recipe.

Mary D.



Alateen Coordinator

Decisions: Each and every day I make many decisions without even thinking about it. But there are times when I am asked to make a simple decision, such as when a friend asks where I want to go for my birthday breakfast and it is difficult for me to decide what to do. Will my friend like my choice? Will there be food choices she will enjoy? I look up the local breakfast places online and examine the menus. My friend likes coffee. Will the place have coffee that she likes? When I finally call my friend and tell her the restaurant that I have chosen, I regret that I made the wrong decision as soon as I hang up. Silly, of course, but I have spent most of my life making sure others are happy and I worried that I would disappoint my friend.

After being in recovery for a few years, I was asked by the same friend to pick a place for my birthday breakfast. This time I chose a place I had never been to. The decision that previously took 5 hours took only 5 minutes.

The decision for me to step into Service was also easy. I saw my Sponsor and many members of my home group in various service positions — chairing a meeting, secretary, treasurer, literature person, DR, GR — and I wanted what they had, so I did what they did.

The decision to accept the role of Alateen Coordinator has also been a positive one. I have met many new friends, have become more familiar with numerous towns across our great state and have learned how to use new technology because of my service. My service positions have helped me to know what is my decision and what is not, how to work with others to reach a decision and when to delegate the decision to others. If you are trying to decide what service role is right for you, consider becoming an AMIAS (Al-Anon Member Involved in Alateen Service). One of the possible responsibilities of an AMIAS is to become a Group Sponsor but, if a weekly commitment does not fit your schedule, there are other ways to help. You could supervise teens at an event, transport teens with another AMIAS, or substitute as a Group Sponsor when needed.

For more information join myself and other AMIAS at our next monthly Alateen Networking meeting, Tuesday, May 10 at 7pm or at the Alateen Interest Meeting (AIM) on Sunday, May 22 at 9am. Zoom information can be found on the Events Calendar on the New York North website nynafg.com or by contacting alateen@nynafg.com.

Together We Can Make It, **Mary S.**

Convention Coordinator

The New York North Area 2022 Spring Convention and Assembly is scheduled to be held virtually over Zoom on May 20, 21, and 22, 2022. District 14, from Rochester, has agreed to host the virtual 2022 Spring Convention and Assembly. Their theme is "Hope for Today". Thank You Cindy R. and District 14! As recently posted on www.nynafg.com, the New GR meeting will be held on Thursday, May 19, 2022 at 7:00 pm on Zoom. On Friday, May 20th at 6:30pm will be the Assembly Icebreaker, followed at 7:30 pm by the AWSC Meeting, both of which will be held over Zoom. On Saturday, May 21st starting at 9:15 am will be the Spring Assembly Meeting, which will run until about 4:00 pm with a break for lunch. On Sunday May 22nd there will be an Alateen Interest Meeting at 9:00 am on Zoom followed by Spiritual Speakers at 10:00 am also on Zoom. Members are able to register online at www.nynafg.com in advance for the Spring Assembly.

The 2022 New York North Area Fall Assembly is scheduled for September, 16, 17, and 18, 2022 and will most likely be held virtually via Zoom, although a Hybrid Assembly this Fall is still possible. Either way, a Host District or Districts are still needed for the 2022 New York North Area Fall Assembly. What is needed from the host districts is to come up with in person or virtual non-business-related programming such as a panel, workshop, or ice breaker event for Friday evening of the Assembly as well as to put together a Spiritual Panel of speakers from AA, Al-Anon, and Alateen for Sunday Morning. On Sunday Mornings, the Area Alateen Coordinator always hosts an Alateen Interest Meeting prior to the Spiritual Panel.

The Fall Assembly is always held in Syracuse.

Districts who have hosted the Fall Assembly, including the election Assemblies, from 2007 to 2022 include:

2022: **Think About Service**
2021: Districts 10 & 18 (Virtual)
2020: Districts 10 & 18 (Virtual) (Election Assembly)
2019: District 21 (Oswego)
2018: District 15 (Syracuse)
2017: Districts 3 & 18 (Syracuse)(Election Assembly)
2016: District 22 (Albany)
2015: Districts 2 & 29 (Rochester)
2014: Districts 18 & 18 (Syracuse & Rochester) (Election Assembly)
2013: Districts 15 & 18 (Syracuse)

2012: Districts 3 & 21 (Syracuse)
2011: Districts 6 & 18 (Madison & Oneida County & Syracuse) (Election Assembly)
2010: District 29 (+ 5&19,25 & 29) (Rochester)
2009: Districts 8 & 22 (Albany)
2008: Districts 3, 15,18,21 (Syracuse) (Election Assembly)
2007: Districts 5 & 15 (Plattsburgh & Syracuse)

Would your District please consider hosting the 2022 Fall Assembly or the 2023 Fall Assembly?

We are also looking for Districts to host the 2023 NYN Spring Convention and Assembly and the 2023 Fall Election Assembly. At this time, these events are planned to be held in person at a hotel or other location, or in hybrid form.

Districts who have hosted the Spring Convention & Assembly from 2007 to 2022 include:

2022: District 14 (Rochester)
2021: Districts 8 & 22 (Albany)
2020: Districts 8 & 22 (postponed until 2021)
2019: Districts 14, 25 & 29 (Rochester)
2018: District 5 (Plattsburgh)
2017: District 12 (Rochester)
2016: Districts 7 & 8 (Albany)
2015: District 10 (Binghamton, Cortland & Ithaca)
2014: District 1 (Buffalo)
2013: Districts 5 & 22 (Plattsburgh & Albany)
2012: District 17 (Olean)
2011: District 24 (Albany)
2010: District 10 (Binghamton, Cortland & Ithaca)
2009: Districts 14 & 21 (Rochester & Oswego)
2008: District 29 (Canandaigua)
2007: Districts 8 & 22 (Albany)

If you look at the above list of Spring Convention Hosts you will see a pattern. The Spring Convention site usually rotates between Albany, Binghamton, Buffalo, Rochester, and the Area North of Albany. This is also where many of our NYN groups are located and where many of our larger hotels and conference centers are also located as well. This pattern has been the same since at least 1993. It is not required that your District be in one of these areas in order to host the convention in one of these areas, but it helps to know what facilities are available there. Since the Fall Assembly is always held in Syracuse, the five Districts in Syracuse frequently host the Fall Assembly. The last

time Syracuse hosted a Spring Convention was 1974. This was the first stand alone Spring Convention for New York North. All prior Spring Conventions from 1968 to 1974 were held in conjunction with A.A. during their Annual Convention.

Would your District please consider hosting the 2023 Spring Convention?

Our topic this month is “Decisions”. Much as I hate to admit it, sometimes I have a hard time making decisions. Sometimes it is because I don’t have enough information to make a decision about something at that moment, or perhaps I have too many options to choose from. That is when I can reach out to my sponsor or other person for guidance and for experience strength and hope. In the grand scheme of things, no single decision is ever really that important. I can do my best to decide what is best for me and then I can let go and

trust that God has led me to the right decision. Al-Anon’s own First Tradition indicates that “our common welfare should come first” and our Second Tradition tells us that in Al-Anon groups our decisions are made through “a loving God as He may express himself in our group conscience.” At our Area Assemblies, decisions are made by an informed group conscience by using the process of Knowledge Based Decision Making. Every Group Representative present has a voice and a vote at our Area Assemblies. The more groups that participate in the experience, strength, and hope of our groups they can then better contribute to the group conscience process when the New York North Area is making decisions.

Love in Al-Anon Service,

Jim M.

AIS Rochester presents: The 2022

ALATHON!



Live and in person - Together Again!

Sunday, May 15th 2 - 4 PM

*at the Chili Community Center
3237 Chili Avenue, Rochester, NY 14624*



*\$5 entry donation includes:
Meditation, Al-Anon and AA speakers,
Raffle baskets, 50/50 and cookies
all to support our AIS service center!*



*For more general information contact Deb G.
For information about raffle baskets contact Michelle W.*

You are welcome to bring your favorite cookies to share!

HOPE FOR TODAY



Hosted by District 14

NYN AFG Spring Assembly/Convention

May 19 - 20 - 21 - 22, 2022

Thursday, May 19th 7 pm New GR Meeting

Friday, May 20th 6:30 pm Assembly Icebreaker

Friday, May 20th 7:30 pm AWSC Meeting

(Officers/Coordinators, DR's and Past Delegates & Trustees)

Saturday, May 21st 9:15 am - 4 pm Spring Assembly

(Officers/Coordinators, DR's , GR's and Past Delegates & Trustees)

Sunday, May 22nd 9 am Alateen Interest Meeting

Sunday, May 22nd 10 am Spiritual Speakers

The convention will be held virtually this year

Visit nynafg.com/area_events.html to register

The **Area Assembly** is the business meeting where the groups send their representatives (GR's) to express a voice and vote on behalf of the group. During an Assembly, the Delegate reports the activities of the World Service Conference.

Area World Service Committee

In between Assemblies, Area World Service Committee (AWSC) meetings are held, attended by the Assembly officers, all District Representatives and Al-Anon Information Service Liaisons, and the Area Coordinators of special services. At these meetings, the Assembly agenda is planned, information and reports are conveyed, and decisions may be made that cannot wait until the next Assembly.



NORTHERN HI LIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Hi Lights 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.

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Or e-mail: 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.

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PANEL 61 2021-2023

**Submissions for
June
Northern Hi Lights**

Due by: May 15

Topic: Keep an
Open Mind

**SENDING DONATIONS TO
NYN**

Please send by check or money order.

DO NOT SEND CASH!!

*Make payable to: NYN Area
Assembly*

*PO Box 64176, Rochester, NY
14624*

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

*Northern Hi Lights
135 Berry Road
Fredonia, NY 14063*