



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

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Topic: Keep an Open Mind

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

# Northern Hi Lights

*nynafg.com*

*Al-Anon News from New York North Area*

## Chairperson

I want to start by thanking everybody who participated in the Spring Assembly, May 20<sup>th</sup> – 22<sup>nd</sup>. We were able to get through all the items on the agenda and finish on time. Woohoo! Here's a quick recap of the decisions that the assembly made:

Several members volunteered for service - Betty GM was elected Treasurer, Cathy W. was elected Secretary, Dave N. was elected Newsletter Editor and Diane C. was elected Literature Coordinator. I want to give a very big, heartfelt thank you to Pat H. who has been keeping our presses rolling as Interim Newsletter Editor!!!! And another big thank you to Molly C. for serving as Acting Secretary during the assembly. Thank you to everyone for your willingness to serve the Area!!!

And another thank you to Districts 3, 10 and 18 who volunteered to host the 2022 Fall Assembly. The Fall Assembly will be September 16<sup>th</sup> – 18<sup>th</sup> and it will be a hybrid event; we will meet both in person in the Syracuse area and electronically via Zoom. We will post information as soon as it becomes available. Please watch for details about registration.

(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](mailto: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](http://www.nynafg.com) WSO:

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

(cont'd from page 1)

No District Reps were able to commit to hosting the Spring 2023 Assembly/Convention so discussion about the Spring 2023 Assembly was tabled until the Summer AWSC (Area Wide Service Committee).

Three task forces were formed; a Task Force for Archives to address questions regarding what physical copies to keep of WSC (World Service Committee) Summaries, service manuals, books, forums & other misc. items, a Task Force for Job Descriptions to work with the officers and coordinators to update their job descriptions and a Task Force for Love Gifts to create a love gift for the Delegate to give out at the WSC.

And NYN (New York North) will submit another bid to host the 2023 Board Road Trip.

All the reports presented at the Assembly are available on the NYN Area Website: [www.nynafg.com](http://www.nynafg.com) on the NYN Events page and the Area Information and Forms page.

When thinking on what I wanted to share about keeping an open mind my thoughts went right to a question I recently read in Paths to Recovery. The question is the last one in the chapter about Tradition Two which asks, "Am I listening for God's words in others?" I'm usually very busy thinking about what I know, and what I want to tell you about what I know that I'm only half listening to what anyone else has to say. When I do this, I stay close minded and stuck in my very narrow perspective. If, however, I admit to myself that "I do not know" and I ask the "All Knowing" to guide me in my search for the truth, I am more attentive to what others are saying. When my mouth is closed, my mind can open and I'm more likely to hear God's words and align with the truth. Keeping an open mind is very simple but not easy. I'll keep coming back because I need more practice!

**Carol C.**



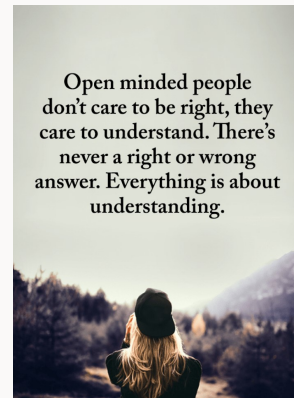
## Public Outreach Report

I hope you are all well. It was exciting to see new people step up to service at the Spring Assembly. I am hoping things start to pick up in the area of Public Outreach to get our message of hope out to those who are still suffering. Please pass along ideas. This ties into our topic this month of Keep an Open Mind. We never know where an idea will come from. I have sometimes been at meetings and a newcomer will say something that makes a lot of sense but I never have thought of.

Thanks for allowing me to serve NYN

Respectfully submitted,

**Lynda (Lynn) S.**



## Serenity on Saturday



## 22nd Anniversary

Three Legacies: Recovery, Unity, Service

**Saturday July 16, 2022**

Genesee Valley Park (Dogwood Shelter)

12:00 PM Arrival, socializing  
12:30-1:30 PM Speakers (AA/AlAnon)  
1:30-4:00 PM Lunch and socializing

**Bring:** lunch, snacks to share, drinks, dessert, chairs/blankets, lawn games.

**Raffle**

For more information, contact  
Chuck A., Kathy KP., Robin S., David N.

## Convention Coordinator

**Correction:** *The Spring Convention/Assembly of 2017 misidentified host District 12 as Rochester rather than Buffalo (southern Erie County).*

A special thanks goes out to Cindy R. and her team from District 14 who hosted the 2022 NYN Spring Convention and Assembly! Your hard work was much appreciated!!

The 2022 New York North Area Fall Assembly is scheduled for September, 16, 17, and 18, 2022 and will be hosted in a Hybrid form by Districts 6, 10 and 18. The in-person portion of the Assembly will be held at Dwyer Hall at the Immaculate Conception Church, 400 Salt Springs St., Fayetteville, NY 13066. Many of the District 18 and Syracuse AIS Days of Sharing have been held at this location, as well as NYN AWSC Meetings in the late 1990's and the early 2000's. Dwyer Hall can seat 100 + in rounds as well as head tables and tables for Hospitality, Literature, and Basket Raffles. An AV set up is available for Zoom and visual presentations and there is a hospitality area with available coffee makers. Breakout rooms are available for panels or Thought Force committee meetings. There is plenty of parking available at the location. The Craftsman Inn, a local hotel and restaurant is nearby for members who wish to stay overnight.

Maryellen N. from District 12 in Buffalo and her members are considering whether to host the 2023 NYN Spring Assembly and Convention either in an in-person or Hybrid form. District 12 had previously hosted the 2017 Spring Convention and Assembly in Buffalo, NY. I have advised Maryellen and her team that if District 12 decides to host the 2023 Spring Convention and Assembly, either alone or with the help of other Districts, I promised her that I would support her and her committee and offer them any help and guidance that I can, and that the other members and Districts in New York North would do the same. In Al-Anon, we never have to do anything alone. I know that when I first started working on conventions in 1993, I was fortunate to be working with many Al-Anon old-timers in the Syracuse area who had already been working on assemblies and conventions for many years and who tutored me and helped me along the way. Your District will not be alone if you do host an assembly or convention. All of New York North will have your back, as they say.

Our topic this month is "Keep an Open Mind". When I first came into Al-Anon, I was one of those "My Way or the Highway" type of guys. It wasn't because I had such a giant ego, far from it. It was because at home and all through school I was admonished for being wrong and that my ideas were never as good as someone else's ideas. Once I started Al-Anon I started listening to other people and realized that some of their thoughts, sharing's, and ideas made sense to me and I was able to start opening my mind to possibilities that I never even considered before. Becoming active in Al-Anon and Alateen service only strengthened my belief that when we all put our heads together, that the group conscience of Al-Anon does make effective leadership possible.

Love in Al-Anon Service,  
**Jim M.**

## Newsletter Editor

As reported at the recent Spring Assembly, we email 611 copies of the newsletter to members and regular mail 47 copies. We are still looking for someone to take over the task of physically printing and mailing out these copies. If you still haven't signed up to receive the newsletter, contact [records@afg.com](mailto:records@afg.com).

This position of Newsletter Editor will be taken over for the next issue by David N. I will be meeting soon with him to provide a smooth transition. It's so nice to have someone new step up for service. It is so rewarding to be of service to others in Al-Anon.

So, as this month suggests - Keep an Open Mind. Try some service position. You won't regret it and you'll learn something new and make great friends.

Thanks for letting me serve.

In service,  
**Pat H.**

## Meeting Update

The Love That Gives Life AFG has stopped its zoom meetings. We will meet face-to-face. Our new meeting location is Nassau Reformed Church, 43 Church Street, Nassau, NY 12123. We meet Sunday evenings at 7:00 PM.

## E-Meeting Host

The summer months have arrived, and now is the perfect opportunity to reach out to others in the program. I hope everyone is staying positive and testing negative in this COVID-19 reality, because brighter days are definitely ahead of us. We have the program and we have each other to maintain our sanity and bask in the warmth of our recovery.

This month's topic is Keep an Open Mind. Despite the assertion that I was described by my late wife as "an educated educator", I was book smart and common sense dumb when it came to my coping with my son's addictions. I could not keep an open mind when it came to him, because his actions and behaviors closed me off from him for many years, and I felt the only solution was to close my mind and isolate from him for my own good. Someone once told me in the program that detachment with love did not involve amputation, but in the old days prior to my entering the rooms of Al-Anon, I was more than willing to wield the figurative bloody ax myself that would sever all ties with my son once and for all.

I look back on those days with revulsion and guilt. All I did was hurt myself in the process of isolation from my son. In the last two years alone, my son has found recovery and peace in his own program. He has found a wonderful place to live in Plattsburgh, a lucrative job with benefits, and a connection to his own serenity that would have seemed impossible back then. I respect his choices, and let him live his own life without interference. I have found that keeping an open mind is the best path to rebuilding a loving relationship with my son, and I thank my Higher Power and the many friends and family members who have aided us over the years.

I encourage everyone to keep an open mind these days, especially with the challenges we all face in our respective lives. I look forward to seeing you in the rooms of Al-Anon at some point. Until then, take a deep breath, think, and live life one day a time.

With an attitude of gratitude,

**Mike R.**



## Group Records

### KEEPING AN OPEN MIND

This topic, at first thought, was difficult to apply a pencil to. I thought for several days what I was going to compose. Today, Saturday, I woke with a more relaxed attitude, and began reading my Al-Anon books. I found my segway in the words in the book *One Day at a Time in Al-Anon*. The theme on those pages were reflective of a member's first time in the program.

That memory of my first meeting is still vivid, and I incorporate that memory into my discussions with newcomers, feeling that I was the only person in the room with problems, that no one else shared my circumstances. I wondered (or rather expected) quick, specific answers that evening of May 2015. I was angry, sad, confused, resentful...EVERYTHING! I had no choice BUT to listen with an OPEN MIND to others share their experience, strength and hope. What stories I heard, but what strong people these members were. And how clear they were to tie in their experiences to the meaningful purpose of Al-Anon. With every Al-anon meeting since, I pass through the OPEN doors with an OPEN attitude. I am always in a safe place. I am not judged for my opinion. I am in my program stepping to serenity at my own pace. There is no wrong approach to my program, just KEEP AN OPEN MIND and trust my higher power that I be guided into a positive, healthy lifestyle. By KEEPING AN OPEN MIND, I am allowing myself to feel better, see clearer, listen to my heart and soul, and implement the goodness of my program daily.

Respectfully submitted,

**Joan L.**



## Alateen Coordinator

Keeping An Open Mind There are times that I might be convinced that I am 100% right. I need to keep an open mind that I might be wrong after all, even if I think I am not. The moment I think I know something for sure I am limiting myself. I need to remember not to base my opinions on someone else's judgment. I might have overlooked something, or not know all the details. I have learned that life is not always 100% right or 100% wrong. Keeping an open mind, I try to understand, sympathize and make sense of someone else's story, opinion or response. It doesn't mean I believe or accept everything, but I am able to listen, observe, feel and try to comprehend every situation in my path. I know that my Higher Power speaks to me through everyone I meet, if I am paying attention. Looking back, I believe open mindedness helped me, along with my higher power and a supportive Sponsor to take a risk and to learn about Alateen Service. Giving Service has been one of the most rewarding parts of my recovery. In service, as a Coordinator and a GR, open mindedness has helped me to become more aware and in tune to the outside world. I am more productive, creative, and alert to new and interesting opportunities. If you know a teen that would benefit from Alateen contact Mary S. [alateen@nynafg.com](mailto:alateen@nynafg.com) or Mary D. [amias@nynafg.com](mailto:amias@nynafg.com) to connect with one of the 14 active groups in NYN. For more information about Alateen or becoming an AMIAS (Al-Anon Member Involved in Alateen Service) join myself and other AMIAS at our monthly Alateen Networking Meeting. Date/Time and Zoom information can be found on the Events Calendar on the New York North website [nynafg.com](http://nynafg.com) or by contacting [alateen@nynafg.com](mailto:alateen@nynafg.com).

Together We Can Make It,

**Mary S.**



## Treasurer's Report

### April/May 2022 Reports

Thank you everyone for your donations. I made three deposits totaling \$1,107.79

### Bills and reimbursements in April and May to date

Paid for copying and mailing of NHL paper subscriptions. \$94.00

3/20/2022	30669070	Wednesday Halfmoon	\$ 20.00
3/20/2022	30702163	Sunday CP New Beginnings	\$ 15.00
3/8/2022	39872	Jamestown	\$ 20.00
3/12/2022	30503839	Calm in the storm Courage to Change	\$ 50.00
3/18/2022	30691441	Hudson Wednesday Morning	\$ 64.50
3/1/2022	54087	AFG	\$ 273.29
3/28/2022	9763	Caring and Sharing Cortland Thursday	\$ 45.00
3/24/2022	9696	Night AFG	\$ 50.00
3/23/2022	10187	Penn Yan AFG Fayetteville Thursday	\$ 75.00
3/17/2022	37943	Morning New Beginnings	\$ 45.00
3/8/2022	39872	Jamestown	\$ 10.00
4/4/2022		Tues Parkside Step Mtg	\$ 20.00
4/9/2022	10163	Oneonta AFG District	\$ 10.00
3/20/2022	21	District 21	\$ 75.00
4/15/2022	66230	Tuesday Group AFG	\$ 50.00
4/6/2022		Women's 12@12	\$ 50.00
4/3/2022	30576552	Serenity Seekers	\$ 25.00
4/18/2022	502778	Steps to Serenity Wednesday Morning	\$ 50.00
4/13/2022	9612	AFG	\$ 30.00
5/2/2022		District 18	\$ 50.00
4/7/2022	501783	Serenity Seekers	\$ 20.00
4/5/2022	9765	Queensbury AFG	\$ 30.00
4/18/2022	1809000	<b>This number not in group list???</b>	\$ 30.00
<b>Total Deposits in April and May 2022</b>			<b>\$1,107.79</b>



# 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.

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

There is no cost for an electronic copy.

Is this  a new subscription

renewal

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### For address changes or updates

Mail to: Group Records, 135 Berry Road, Fredonia, NY 14063

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.  
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<u>Treasurer</u> Betty GM. <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>	<u>Alateen</u> Mary S. <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>	<u>Secretary</u> Cathy W. <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>	<u>Convention</u> Jim M. <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>
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<u>Presentation</u> Patti M. <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>	<u>Web Coordinator</u> Ellen V. <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<u>Newsletter</u> David N. <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>AAPP</u> Mary D. <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>
<u>Archives</u> Maria S. <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>NYN Area Business e-meeting Host</u> Michael R.		

**Submissions for  
July  
Northern Hi Lights**  
Due by: June 15  
Topic:  
**COMPASSION**

*Remember there will be no  
issue in August.*

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