

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

Inside This Issue

Topic: Honesty with Self

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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*



### 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 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)

## Alternate Delegate

Do you realize that the book, Living Today in Alateen, marks the 18th anniversary this year (2019) of this Alateen Daily reader. The World Service Office would like Alateens, Alateen Group Sponsors/AMIAS and Al-Anon members to send their personal reflections on how a certain phrase, paragraph, or page helped them with their recovery. These sharings will be considered for *The Forum* and/or *Alateen Talk*. The sharings are needed by July 26, 2019 and can be sent online to: [al-anon.org/sharing](http://al-anon.org/sharing); by e-mail to: [wso@al-anon.org](mailto:wso@al-anon.org); by fax to: (757)563-1656; by snail mail to: AFG, Inc.; 1600 Corporate Landing Parkway; Virginia Beach, VA 23454.

I have thought a lot about our topic for this month, Honesty with Self. There have been a few times in my life when I had to stop blaming others and realize that some of the blame belonged to me. About ten years ago, I had the chance to have a number of conversations with my step-mother regarding my teen-age years when we did not get along. I had convinced myself that she did not like me because she was jealous of my relationship with my father. She informed me that I was a “brat” then. As I pondered this and got honest with myself, I realized that it was true. I attempted before she passed away to make amends for my behavior. I often tell people I have an “attitude problem”, but do nothing to change it. The honesty comes in that it will not change if I don’t do something about it and stop denying it as not being a problem, but accept it as being alright. I need to get honest with myself. Any time I become uncomfortable about my environment, I usually need to get honest with myself so I will feel right in my own skin. I need to be honest, open and willing so that I can continue to discover who I really am.

**Helen H.**



## AWSC MEETING

The next AWSC meeting will be held **Saturday, August 10**. It will be held at the NSEA building, 210 South Main St, N. Syracuse 13027. The building is at the corner of S. Main St and Palmer Dr.

The meeting will be held from 11:00-4:00. Committee meetings can be held either before or after the AWSC meeting. Please let me know if your committee will be meeting and if so what time, either 10:00-11:00 or 4:00-5:00. There is room for 3 committees to meet at each time.

All officers and coordinators should have a report to present at the AWSC meeting. Reports should be submitted for posting on the website at least 2 weeks before the meeting.

AWSC voting members are officers, coordinators, DRs, AIS reps. All others are welcome to attend.

Gratefully in Service,

**Ruth S.**

## Immediate Past Delegate

Summer is here and many of us are relaxing by the pool, attending festivals or mowing lawns.

But we all know the summer goes by fast and we forget that the New York State Fair (August 21- Sept. 2<sup>nd</sup> 2019) will be coming soon and you would not want to miss an opportunity to share our message of hope to the families and friends of a problem drinker.

As of May 20, 2019 you have had the opportunity to go to the New York North area website ([www.nynafg.com](http://www.nynafg.com)) to sign up to volunteer for **three hours** at the Al-Anon Family Groups Public Outreach Booth at the New York State Fair.

When you sign up you will be asked to give your full name, address, telephone number and email address in order for us to mail you your free admission ticket to the Fair. This information will ONLY be seen by myself and our web technician Kathy G.

PLEASE ask a friend and consider Volunteering and make it a Day of Fun as well!

**Note if you live close by the immediate Syracuse Area would you please consider volunteering for the late afternoon and evening shifts in order to give people from out of town an opportunity to come from long distance and still be able to get home early.**

This project was voted on by the NYN Assembly and many people volunteered to support this financially as well as physically. Your group can help by sending an additional amount of money to New York North, along with your regular contribution, to support this effort. We ask that you do not earmark any funds specifically for the Fair Project since it is against NYN Policy. The cost of this effort is

approximately \$2500 each year and we know you would be willing to help to defray this cost.

Please copy the flyer that is in this *Northern Hi Lights* and give it to your group members in order for them to get excited and volunteer. Thanks for your help in Carrying the Message of Hope!

**Diane C.**

## Literature Coordinator

Since we last saw each other at the Spring Assembly, I have entered the realm of the retired teachers. Thirty-six years of teaching now behind me, I can focus my sights on the road ahead and what challenges I will encounter in my travels. I thank everyone for their prayers and well wishes as I embark on the next stage of my personal journey.

This month's topic is "Honesty with Yourself." That was one of my character defects that plagued me for years. I associated with other members of the Fine Family, saying that I was perfectly fine with my circumstances while lying through my teeth every step of the way. I buried everything and allowed the potboiler of anger, guilt, resentment, and hatred to seethe to the point of exploding. It was when I faced the reality of my circumstances and entered the rooms of Al-Anon that my life got better.

Now that I have acquired the tools of recovery, I can approach with a renewed vigor and sustainability. Being willing to lower my barriers and allow others into my personal space takes a great deal of work, but I am worth it. A famous person once said honesty is the best policy, and I agree with them wholeheartedly. Life is good, and working my program helps me stay on course to the ultimate goal: serenity and trust in my Higher Power.

Have a great summer, and I look forward to seeing everyone in Syracuse in September.

With love,  
**Mike R.**

# Public Outreach

Hello NYN Family,

We are moving along through this year with lightening speed. Our theme this month is "Honesty With Yourself". I can rationalize myself in and out of situations so easily. What helps me to keep honest is getting to meetings, talking to my sponsor and to other members who I am close to. They usually know me better than I want to admit. Often I can look at another person's situation and think "What's wrong with them...Don't they get it?" And then I turn to myself, falling into a similar situation, and realize my Higher Power is giving me a life lesson. When I point at others errors, the remaining fingers are pointing at me. Working the Steps and doing a 10<sup>th</sup> Step each day helps a great deal. Avoiding truths only hinder my recovery.

And now on to business. I hope you enjoyed the new PSAs at the Spring Assembly. The unanimous favorite was "Challenger".

WSO only displays current PSAs on their website, and the "current" campaign of Jack & Samantha has expired. WSO has replaced Jack & Samantha with the new PSAs "Champion" and "Challenger".

1. You have autonomy to use the videos as you see fit. They can be downloaded from AFG Connects and shared with whomever you want. The only note is these are not broadcast quality so the stations can't actually use these versions, we'll have to send them broadcast versions, but they can be shared with them either in person or electronically.
2. Approaching a station not on the list is considered "**cold calling**". This may be outside some people's

comfort zone, but it is a necessary element to help broaden awareness of our program. The steps would look something like this:

1. Search online for radio and TV stations in your locality
2. Get the station name, address and phone number
3. Call the station and ask for the contact information of the person responsible for playing PSAs
4. Ask to setup a short meeting with them to introduce them to Al-Anon and to play the PSAs for them
5. Ask them if they would play the PSAs
6. If yes, then get the best email address and complete the PSA request form on [al-anon.org](http://al-anon.org)

I will have the new Distribution List at the AWSC and at the Fall Assembly.

One more question??? Has anyone had success with the distribution of AFAs (Alanon Faces Alcoholism) and bookmarks?

**\*\*\*\*DON'T FORGET TO VOLUNTEER  
FOR THE NEW YORK STATE FAIR  
BOOTH\*\*\*\***  
**THIS IS A NEW YORK NORTH PROJECT,**  
**NOT JUST SYRACUSE!!**

Together we can make it,

**Connie D.**



## Web Coordinator

[www.nynafg.com](http://www.nynafg.com)

If you do a Google Search on nynafg you will get the above link to our website. My Spring Convention report along with the other Officer and Coordinator reports are on our web site at [www.nynafg.com](http://www.nynafg.com) on the home page under the heading **NYN**

### Newsflash/Meeting Information.

Please share our website information with your districts and groups so all our members and those looking to reach out for the help and hope of Al-Anon can get meeting and New York North Information.

The Web Committee members will meet August 10th at 10:00 am before the AWSC meeting. All members are invited to attend.

Convention/Assemblies are always a time for personal growth, and I went to this Spring Convention with an attitude of keeping an open mind. I knew this was the topic for our June Newsletter when I left home for Rochester. I think if I keep this as a goal: I listen better, am more aware of my shortcomings that keep me stuck doing what I always do, and I

reach out to others to get more information on the topics discussed.

Honesty with Yourself is this month's topic! As you can see the above paragraph was last month's topic. June was an extremely busy month. I tried hard to get "everything done" but if I am honest with myself, I failed. My article never got emailed to our Newsletter Coordinator until it was too late. I am very grateful for this program and for my good friends that understand me as I share my service successes and failures.

In service,

**Nancy P.**

## Convention Coordinator

Greetings NYN members,

Here are the upcoming conventions and host Districts.

Fall 2019 District 21  
September 20-22, 2019  
Comfort Inn and Suites,  
North Syracuse

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

Fall 2020 District 18  
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.

Yours in Service,

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

## **NYN Alateen Coordinator**

It was an awesome Spring Convention! Fun, Fellowship, Food - always a winning combination. Many thanks to all who worked so hard to bring it about!

The AIM (Alateen Interest Meeting) on Sunday, May, 19 did provide exposure to Zoom (video conferencing platform). Betty attended via Zoom. There were nine of us in attendance at the RIT Inn and Conference Center representing Districts 9, 10, 14, 15, and 23.

Items discussed were: AMIAS recertification; use of NYN Alateen Handbook, our phone conference with WSO staff; procedure for starting new Alateen groups; attracting teens; a new Alateen meeting in a Teen Center (Will meet one hour before the Center opens).

Our most recent AIM was by Zoom on Saturday, June 15, 2019. Five of us entered in, and three of us stayed the hour. We discussed the Alateen Guidelines- current and proposed revisions, caution in using Zoom with Alateens, and supervision of Alateens attending conferences.

It was great to have Mary (our new AAPP) with us. She will share more about her position's activities at our next AIM via Zoom on Monday July 15, 2019 from 6:30-7:30 PM.

Progress not Perfection,

**Sandy A.**



### **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*

### **Newsletter Editor**

Just a reminder that there will be no *Northern Hi Lights* issue at the beginning of August. Your next articles are due on August 15 for publication in September. The September topic is "Expectations".

Looking ahead, the topics are: October - Easy Does It; November - Compassion and December - Forgiveness.

Thanks for all the wonderful information and comments that you all share.  
In Service,

**Pat H.**



**District 15  
AFG**

**Annual  
Picnic**

**Saturday, July 13,  
2019**

**12:00PM to 5:00 PM**

**Veterans Memorial Park at  
Gillie Lake  
Camillus, Pavilion #2**

*Gillie Lake is formally listed as the  
Veteran's Memorial Park at Gillie  
Lake on Sands Road and Gillie Brook  
Road in Camillus.*

**Bring a dish to pass for  
approximately 20 people**

**Grilling time 12:30PM to 1:30 PM**

**Hamburgers, Hotdogs, Rolls,  
Condiments, Water and Iced Tea  
provided**

Enjoy swimming (small cost per  
person), volleyball, playground,  
fishing, hiking, good food, and  
fellowship.

Bring your own lawn chairs, picnic  
blanket and outdoor games!

**All are Welcome**

*Celebrate 36 years  
Canandaigua  
Monday Noon  
AFG*



**Date: Monday,  
August 12<sup>th</sup>, 2019**

**@ noon**

**Location:**

*United Church of  
Canandaigua  
(Corner of Gibson St.  
and Main St.)*

*AA and Al-Anon  
speakers*

*Finger foods and  
beverages*

# Save the Date

**NYN AFG 2020  
Spring Convention & Assembly**

**May 29-31, 2020**

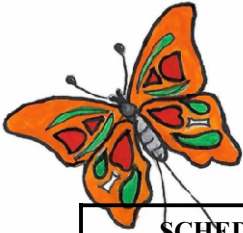
"Embracing Change"



"Discovering Choices"

**Hilton Garden Inn  
235 Hoosick Street  
Troy, NY 12180**





NEW YORK NORTH AL·ANON FAMILY GROUPS  
2019 FALL ASSEMBLY

September 20 - 22

Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

**SCHEDULE OF MEETING & EVENTS**

**FRIDAY, SEPTEMBER 20**  
3 pm-9 pm Registration  
7:30 pm "Soaring with Fun"

**SATURDAY, SEPTEMBER 21**  
7:30 am-1:00 pm Registration  
8:00 am AWSC Meeting  
8:00 am New GR Meeting  
9:30 am Assembly Morning Session  
12:00 pm Lunch on your own  
1:00 pm Assembly Afternoon Session  
6:30 pm Buffet Banquet  
8:00 pm Keynote AI-Anon Speaker  
9:00 pm "Serenity Walk"

**SUNDAY, SEPTEMBER 22**  
8:00 am Alateen Interest Meeting 9:30  
am Spirituality Panel

**HOTEL RESERVATIONS**

ROOM RESERVATION DEADLINE—August 26, 2019  
To make your reservation, call (315) 457-4000 or (800) 424-2423 (800-4CHOICE). Ask for New York North Area Assembly to get the courtesy rate.  
To pay by check, make checks payable and mail to:  
Comfort Inn and Suites  
6701 Buckley Road  
North Syracuse, NY 13212

Room rate is \$107.35 (tax included) per night for 1, 2, 3, or 4 people per room. Suites are \$134.47 per night (tax included). Check in is 3:00 PM and check out is 11:00 AM. A room reservation is required for the hotel's free continental breakfast. Others may pay \$5 for breakfast and \$1 for coffee (tickets available at the front desk.)

Directions: From NYS Thruway I-90, take exit 36 and travel south on I-81 to the first exit, 7th North Street (exit 25). Take a right at the light at the end of the exit and another right at the light at Buckley Road. The hotel is about ¼ mile down on the left.

**ASSEMBLY AND BANQUET REGISTRATION FORM—Please Register by August 23, 2019**

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

**PLEASE MAKE CHECKS PAYABLE TO:**

"NYN 2019 Fall Assembly"

Mail registration form and payment to:

NYN Fall Assembly 2019  
PO Box 664  
Mexico, NY 13114

**AL-ANON REGISTRATION (\$20 by August 23 or \$25 after August 23 and at the door)** \_\_\_\_\_

**ALATEEN REGISTRATION (\$12)** \_\_\_\_\_

**SATURDAY EVENING BANQUET (\$28)** \_\_\_\_\_  
(before August 23 only)

**HOSPITALITY ROOM DONATION:** \_\_\_\_\_

**TOTAL ENCLOSED** \_\_\_\_\_

**Is this your first Al-Anon Assembly?** \_\_\_\_\_

**Are you a New GR?** \_\_\_\_\_

**Are you a New DR?** \_\_\_\_\_

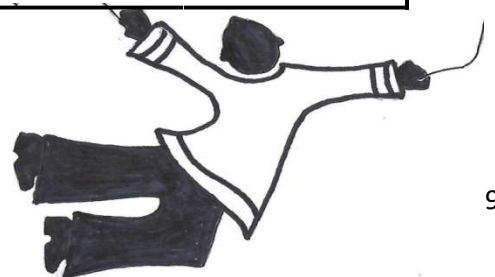
**Registration Questions? Contact Nancy B.**

**E-Mail —**

**More information available at [www.nynafg.com](http://www.nynafg.com)**

**ALATEENS MUST HAVE ADULT SUPERVISION, NOTARIZED PARENTAL**

**PERMISSION SLIPS, AND MEDICAL RELEASE FORMS**





## NYN AFG Fall Assembly

Hosted by Districts 21 & 4

September 20 – 22, 2019

## Help Needed!

- **Basket Raffle**

- The Basket Raffle is one of the most important fundraisers for the Assembly.
- Baskets are donated by AFG groups or individuals.
- Please remember to include only Conference Approved Literature (CAL).

Any questions about Baskets, please contact Kathi D.

- **Hospitality Room**

- We are in need of food items – baked goods, fruit, vegetables, cheese, crackers, and single packaged snacks & beverages
- In keeping with the 7<sup>th</sup> Traditions, please consider making a donation to the Hospitality room for the NYN AFG 2019 Fall Assembly.

Any question about donations to the Hospitality Room, please contact Mary Anne H.



**AUGUST 21- SEPT 2, 2019**

**10 A.M. THRU 10 P.M.**

**AL-ANON INFORMATION BOOTH**

**SCIENCE \* TECHNOLOGY BUILDING  
BOOTH 30**

**(Enter off Miller Court)**

**Largest Public Outreach Project for  
New York North**

## **We Need Your Help**

*Please be willing  
to volunteer for a  
3 hour shift!*

*You will be given  
a Free ticket to  
the Fair!*

*Parking on your  
own but there is  
Park & Ride  
options  
available!*

**NEW YORK NORTH AFG**

Sign up on our website at:

**nynafg.com**

Starting June 1, 2019



# 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 AI-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.

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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>
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<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 Sohl

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