



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

## Inside This Issue

### Topic: "Spiritual Awakening"

- 1 Thoughts From Our Area Chair
- 3 Area Delegate, Panel 52
- 4 Immediate Past Delegate  
Scavenger Hunt  
Resume Notice
- 5 Area Treasurer  
Web Coordinator
- 6 Literature Coordinator  
Alateen Coordinator
- 7 NYNAC Coordinator  
Alternate Delegate
- 8 Archives  
Sending Donations to NYN  
NYN Calendar of Events
- 9 Presentation Coordinator  
Area Secretary
- 10 NYN Fall Assembly  
Registration Form
- 11 Officers' and Coordinators'  
Contact Information
- 12 NHL Subscription Form

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# Northern Hi Lights

*Al-Anon News from New York North Area*

## Thoughts From Our Area Chair:

Hello NYN,

In June, I wrote that I would provide some updates from the 2014 Spring Assembly in my next article. Here are some of the updates:

**Posting Alateen meetings to the New York North (NYN) website.** The voting members of the Assembly (Group Representatives) voted to allow Alateen meeting information to be posted on the NYN website. This means if an Alateen meeting chooses to have their meeting information and location posted to the website they will be able to do so. The Web Committee is working to find the best possible solution to make Alateen meeting information and locations easily available and posted to the NYN website, provided the Alateen group chooses to publish that information, as each group is autonomous.

Here's some background information regarding NYN & the posting of Alateen meetings on the website: Two NYN guidelines state that Alateen meeting information should not be posted to the NYN website. The NYN Alateen Requirements and Guidelines (which is currently being updated) contain a section titled "NYN Area Alateen Safety Suggestions." Suggestion # 8 states: Meeting location information should not be placed on Al-Anon or Alateen websites or other forms of media coverage. The NYN Website Guidelines also contain a section regarding Alateen meetings not being posted to the NYN website. The World Service Office (WSO) was consulted regarding their policy relevant to Alateen meeting information being

**Area Chair continued on next page...**

### 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 *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)

published on websites. The response from the WSO contained the following statement: **“There is no policy from WSO regarding posting of Alateen meetings on-line; this is a matter of Area/local autonomy. Some Areas list Alateen meeting locations, days/times; others list a phone number (often an AIS number) to obtain the information. While Alateen safety is always our primary concern, it must be balanced with making the information available to the potential newcomer.”**

### Host for 2016 Spring Assembly/Convention

Districts 7 & 8 volunteered to host the 2016 Spring Assembly/Convention. Thank you.

### TEAM Event

Several members approached me this past year suggesting NYN host a TEAM Event. A TEAM Event is a partnership between an Area(s) and the World Service Office (WSO), with the aim of providing an opportunity for Al-Anon and Alateen members to learn more about service and the Al-Anon program. The Area and the WSO work together to plan an agenda of workshops and presentations that address the Area’s specific needs and expand members’ understanding of our worldwide fellowship. I’ve asked a few members to begin researching the possibility of NYN hosting a “Team Event.” More information to follow.

### Area Inventory Results

At the 2013 Spring and Fall Assemblies, members were asked to complete an Assembly Inventory Form. The results have been published on the NYN website. The purpose of an Area Inventory is to provide a clear understanding of what the NYN Area is doing successfully and what areas we could improve on. Please review the results of the Inventory and be prepared for discussion at the Fall Assembly. They are located on the NYN Website @ <http://www.nynafg.com/pdf/2014/P52-invRes.pdf>

### Fall Election Assembly

The 2014 Fall Election Assembly is just around the corner so it’s time to really think about standing for a service position in NYN. In preparation for the Election Assembly a brand new document titled “NYN Service Position Descriptions” is now available on the website: <http://nynafg.com/pdf/jobDesc.pdf> This document outlines the skills necessary, as well as the responsibilities of each service position in NYN. Please review, think about service and have a discussion with your Higher Power. If you don’t

already have a service sponsor now would be a great time to ask someone who’s active in service to be your service sponsor. Another new tool, a “Service Resume” [http://nynafg.com/pdf/NYN\\_Resume.pdf](http://nynafg.com/pdf/NYN_Resume.pdf) has been posted to the website and was discussed at the Spring Assembly. NYN will begin utilizing the “Service Resume” for the 2014 Elections. If you think you might want to serve at the Area level take the time to fill out the “Service Resume.” If you’re interested in standing for any position you can contact the person currently holding that position and ask for more information. Contact information is located on the last page of the newsletter and on the NYN website (Main page, then click on “Area Officers”).

### On to the topic of the month, “Spiritual

**Awakening.”** When I first heard the term “Spiritual Awakening” I think I was expecting some big huge amazing thing to happen to me. My spiritual awakenings seem to be smaller in grandeur, however, they are powerful. I believe my first true awakening was after I had been in the program for maybe six months to a year. One day I just noticed some squirrels playing and chasing each other up and down and all around in a tree near my driveway. I watched and watched through the window and thought to myself, have they always done this? You see, I was so busy worrying about what others were doing or weren’t doing and what was happening to me and around me, that I never stopped to see the beauty of nature right in my own front yard. I truly believe that was my Higher Power telling me, “There is more in this world than just you and your problems. Life is happening right before your eyes and you are missing it.” I like to think that my spiritual awakenings are subtle messages from my Higher Power. Sometimes I don’t always recognize them when they occur – then the light bulb goes off and I suddenly get it. “Wow, that’s why that happened. Wow, that’s what that meant.”

***Today, as I have become more accepting and less expecting, I have opened myself up for messages and miracles from my Higher Power, my “Spiritual Awakenings.”***

As I prepared to share on this topic I brought the subject up at one of my weekly meetings. As people shared on their “Spiritual Awakenings” I began to realize that we each have a Higher Power who is working for us and in us every day.

“Participation is The Key to Harmony,”  
**Pam A.**

## Area Delegate, Panel 52:

Well, the 2014 Spring Assembly/Convention is over. I think it was a great success. I know I enjoyed myself. During the Assembly a number of questions were placed in the "Ask it Basket." If time had allowed I would have answered them in the afternoon during the Assembly. That didn't happen; I will use my space here to answer them.

1. Was there any discussion on deleting the year from the cover of "Al-Anon Faces Alcoholism"? The year makes it look out of date.  
I have not heard any discussion. I have an idea that the hope is to have it fresh each year and that copies will not be saved from year to year, but distributed each year.
2. Noticed Public Service Announcements' (PSAs') women were middle age. Are there other PSAs that feature diversity? If not, do you think that whoever made the PSA consciously decided to feature the white, middle aged woman or not?  
The 2014-2015 PSAs are the two I showed with the middle aged woman. The French and Spanish PSAs are the same, just in those two languages. Last year one of the two PSAs did feature a man. If I remember correctly, the year before, there was also some diversity in the PSAs. I don't know how the decision was made as to who would be featured.
3. I am confused how a dual member can be an Alateen sponsor but not do other service? Isn't being an Alateen sponsor service? Yes, being a sponsor is most definitely service. Dual members can and should be involved in service. It is part of practicing the Twelfth Step. The revisions to the *Service Manual* that were approved at the World Service Conference (WSC) help to clarify what service a dual member can do. The important clarification to me is that Al-Anon members who are also members of A.A. participate fully in all group activities, including the group conscience. They do not hold Al-Anon service positions that vote on matters affecting another group, or Al-Anon or A.A. as a whole. The *Service Manual*, pg. 31 talks about an Al-Anon member who is also a member of A.A. being an Alateen sponsor.
4. What Are Panels?  
Each year 1/3 of the Delegates to the WSC are elected. That year is a new Panel. I am a Delegate from the 52<sup>nd</sup> Panel; this fall the person elected as New York North's new Delegate will be part of the 55<sup>th</sup> Panel.

I have three more questions to answer. I will answer those in the next issue of the *Northern Hi Lights*.

Gratefully in Service, **Ruth S.**

Deadline for submissions to the September 2014 issue of NHL is  
August 15, 2014  
Topic: "Forgiveness"

## Immediate Past Delegate:

As I think about the topic for this month's issue of the *Northern Hi Lights*, "Spiritual Awakening," I find myself reflecting over the many years I have been in the program and various times when I can remember that moment when the light bulb came on; and I knew I had been given the answer to something that had been puzzling me. I could now see with some clarity what needed to happen next; some might refer to it as an "aha" moment. This, for me, is the simple version of what a spiritual awakening is.

In the Preface to "Having Had a Spiritual Awakening" (B-25), Lois W. speaks about the complexity of the meaning of the word spirituality but reminds us that if we seek spirituality in our lives, we will find enrichment in our daily activities. When we welcome a newcomer to our meetings we often explain that Al-Anon is a spiritual program, not a religious one. We often speak about a Higher Power, and who or what that is for each of us can vary greatly. We suggest that they come and listen and ask questions before deciding whether or not Al-Anon is for them.

It may be any number of things that keep people coming back, but for all that stay and begin to work the program, each will begin to experience "spiritual awakenings" as they progress in their recovery. It may begin simply by making use of one of the slogans and seeing their problems in a new light. With time, they become willing to work the Twelve Steps, which will lead them to a "spiritual awakening" as stated in the Twelfth Step. The working of the Twelve Steps is necessary for each of us to find a Higher Power on which we can rely; and this occurs as we work the first three Steps. Our continued working of the Steps brings encourages us to move forward as our spirituality grows. As we progress to the Eleventh and Twelfth Steps, we find ourselves growing and changing and as a result we continue to experience "spiritual awakenings."

The working of the principles of the Al-Anon program through the use of the tools which the program gives us in order to have a better life are the means by which we are able to experience these "spiritual awakenings." The Steps, Traditions, and Concepts along with the slogans, meetings, literature, and service are but some of the means by which we are able to change our lives.

As I looked at the complexity of this topic and sought a better understanding of it through our literature, I was overwhelmed by it. There is probably not a piece of literature that in one way or another could not be used to aide me in having a spiritual awakening. So, I want to focus on the two

pieces which I see as my greatest aides in reflecting on this topic. The first one is *As We Understood* (B-11), a small but powerful source of help when trying to understand the spiritual nature of the Al-Anon program. It contains the basic progression of how we can have these awakenings. Just by looking at how the contents of the book are broken down, I can see that a Higher Power is necessary; I need to let go of my will and I need daily prayer and meditation in my life. For me, the prayer on pgs. 215-216 has become an important part of my daily prayer and meditation.

The second is *Having Had a Spiritual Awakening* (B-25), no longer available as a hard cover but was our first e-book (eB-25) and now available through your electronic book provider. This book is about finding the deeper meaning of why I am here and what I need to be doing. It is a collection of sharings from members and how they found their way to a spiritual awakening. Like the first book it helps us find the Higher Power of our understanding, gives insight to the importance of prayer and meditation, and shows how growth through using the Al-Anon tools can lead us to a deeper spiritual place.

The bookplate in my copy of this book contains a quote from Lois W., Co-Founder of Al-Anon from a 1985 speech in Montreal. In the quote Lois says, "There isn't any Al-Anon without spirituality." The Al-Anon program has given me a spirituality which I would not have if I did not have Al-Anon in my life, and I would not have had all those wonderful spiritual awakenings. I'm going to keep coming back and I hope you will too.

Grateful to be in service, **Elaine R.**

### SCAVENGER HUNT

**CHALLENGE #15:** When were the Twelve Concepts accorded the same stature as the Twelve Steps and Twelve Traditions?

**ANSWER:** See pg. 180 in your 2014-17 Al-Anon/Alateen *Service Manual*.

### Resumes: All New York North Members

This Fall Assembly is our Election Assembly, where we will be looking to fill our next panel of Officers and Coordinators for a 3-year term. **Please fill out a resume even if you are not sure you wish to stand for a position.** Resume forms are on the NYN website under "Information and Forms." When completed, email or snail mail to Area Chairperson (address is on page 11) prior to the Assembly.

## Area Treasurer

So very nice to see and meet so many of you at the Spring Assembly/Convention in Niagara Falls!! Thank you ALL so much for your attention to the new address!! Only one forwarding sticker since I got home from the Falls! You have been so faithful in keeping New York North fully self-supporting! Thank you for your continued donations! **Since last month's Northern Hi Lights, the following donations have been received:**

Keep Coming Back	Gr #10276	\$ 25.00
Sun Nite Candlelite	Mtg Closed	71.20
Wed University Group	Gr #35324	115.00
Jamestown	Gr #9830	60.00
Dianne R in Memory of Marilyn P		39.00
District 19		50.00
Simple Serenity	Gr #30515912	25.00
Tues Nite Q'bury	Gr #9765	30.00
Live & Let Live	Gr #503200	10.00
New Beginnings 2	Gr #66608	50.00
Live & Let Live	Gr #503200	15.00
Live & Let Live	Gr #503200	60.00
Cortland	Gr #9696	30.00
Rome Thurs 5:30	Gr #30590994	60.00
Circle of Hope	Gr #54280	30.23
Lancaster	Gr #9854	50.00
Monday Sunshine	Gr #9724	25.00
Wed Morn Step	Gr #9612	10.00
Free to Be Me	Gr #30588130	25.00
Sherrill	Gr #10296	50.00

There were 3 *Northern Hi Light* subscriptions during this period.

### Expenses:

Lynda S	\$ 109.59
Pamela A	356.09
Ruth S	144.03
Connie D	103.00
Marge R	162.41
George S	17.18
Gwenne R	191.16
Linda A	105.74
Kathi D	115.60
H & R Block	250.00
Elaine R	100.28

### Current Balances:

Checking	\$6637.21
Reserve	8220.86
Sage Ruddy	2700.20

## Area Treasurer on Topic:

This month's topic is "Spiritual Awakening." When I first came into the rooms of Al-Anon and heard the term, I kept waiting for that bolt of lightning that would give me a spiritual awakening and then--POOF!--everything would be perfect! Well, this may happen to some, but I waited and waited and waited. Still no lightning bolt. BUT, I did begin to notice that the longer I was in the program, the less I seemed to be reacting, and finally, one day I felt so much peace--even in the midst of the chaos in my life--that I realized I could find that serenity that everyone talked about. I came to believe that this was MY spiritual awakening. I will be forever grateful to Al-Anon for these gifts.

Best Wishes to ALL for a Safe and Serene Summer!

Hugs, **Linda A.**



## Web Coordinator:

Alateen meetings on our website? Yes, with permission of the District Representatives, and Area Information Service (AIS), where the meetings are held. Lynda S., Alateen Coordinator, tells me that Districts 1, 5, 6, 8, 10, 15, 17, 19, 20, 21, 23, 24, 26, and 29 have Alateen meetings, or Alateen Sponsors in place to have them.

Before we post the meetings on our website, we would like permission letters from their districts, and if they are in an AIS region, permission from them also. So, please contact us, District Representatives (DRs) and AIS Alateen Chairpersons.

"Spiritual Awakening" brings to mind a flower blossoming. The best word to describe me upon arrival in Al-Anon was inhibited. Being able to know and feel good about myself, and consequently reach out to others, were the greatest gifts of the program. If I had a headache seven days a week, wouldn't I take an aspirin every day? Why would I stay home and feel miserable, when I could go to a meeting and get some hope? That's just what I found in my first meetings, hope. I read the books and pamphlets, but going to a meeting every day was the "crash course" I needed. I keep coming back because there seem to be new lessons to be learned, or relearned, around my powerlessness, and other basic issues.

**John O.**

## Literature Coordinator:



Thank you District 1 for hosting the Spring Assembly in Niagara Falls; you did a great job. I especially enjoyed the Sunday morning panel and seeing all of my friends and making new ones.

I have a couple of updates for you from the World Service Office (WSO):

- We have an updated **Electronic CAL Fact Sheet** that includes how to purchase the audio book *ODAT* (eA-6). You can find this Fact Sheet on our New York North (NYN) website, [nynafg.com](http://nynafg.com), under Area Information and Forms.

- Due to faster production than originally anticipated the new conflict resolution pieces are now available. The new pieces are **S-73 – Talk to Each Other—Resolving Conflicts within AI-Anon booklet**. This piece pulls together knowledge in **S-71 (Loving Interchange to Resolve Conflict wallet card)** and **S-72 (Conflict Resolution using our Twelve Traditions cards)** with examples of their direct applications in AI-Anon conflict situations. This new piece sells for \$4.50. **K-70 – Using AI-Anon Principles to Resolve Conflicts kit** contains the three pieces mentioned above, **S-71, S-72, and S-73**. This full kit sells for \$9.00

- **New Daily Reader:** The 2014 World Service Conference gave conceptual approval for the development of a new daily reader. While the motion calls for a reader “that reflects the diversity of the AI-Anon fellowship,” the intent is not to create a reader about diversity—only that the book reflects the AI-Anon program and its members as they are today. More details will be coming soon on how to share in the creation of this publication.

- Each month, the “CAL Corner” feature in *The Forum* includes members’ sharings on how a particular piece of our literature has enhanced their recovery. The July issue will celebrate the 20<sup>th</sup> anniversary of **When I Got Busy, I Got Better (P-78)**.

Our topic for this month is “spiritual awakening.” My first thought was to look at our book called ***Having Had a Spiritual Awakening***. (As you know this book is no longer in print and is available as an e-book (eB-25) through your electronic book provider.) While reading this book, written by members from around the world, I feel calm and serene. I find trying to write or talk about “spiritual awakening” difficult. The best I can come up with right now, for a definition, is “a sudden awareness, or a change in my thinking or attitude;

even perhaps an answer to a problem that I have been meditating on.” Such “spiritual awakenings” can feel like a gentle nudge or an ouch!

I hope all of you have a good summer. My daughter and her family are coming (from France) to be with us for a month. I suspect I will be experiencing some awakenings soon—not all necessarily spiritual.

Gratefully, **Pat H.**

## Alateen Coordinator:

I just received notification that one of our New York North (NYN) Alateen Sharings has been selected to be published in the Summer edition of *Alateen Talk*. I do not know what group or who the author is but I will be receiving some extra copies, so I will send a couple of copies to the group and the actual person who wrote it. Congratulations, way to go. By the time this article is published, the re-certification of the AI-Anon Members Involved in Alateen Service (AMIASs) will have been completed for this year.

This article will be the last one before our Election Assembly in the Fall, I believe. Writing the articles has been a challenge sometimes, but in the end it has helped me get my thoughts down a little clearer.

Our topic this month is, “Having had a Spiritual Awakening.” It is difficult to pick out just one, as the program has brought me many miracles and a true awareness of the spiritual nature of lots of occurrences. Any event that is just a few degrees past coincidence to me, if I am open minded, is a spiritual awakening.

The story that comes to mind for me is how I did not want to sell my old home. I had also been dealing with turning things over to my Higher Power without taking it back and trying to resolve the issue myself. After many painful weeks of resisting turning the whole situation over, I finally decided to turn to my Higher Power for help. I remember saying something like, it is only my house and security, but I give it to you and I don’t want it back. The first person who looked at the house bought it. This happened again when I was trying to find my new home. As soon as I let go of the outcome and got out of my Higher Power’s way, I was made aware that things happen as they are meant to. Thanks for allowing me to share and serve New York North.

Hugs, **Lynda S.**

## NYNAC Coordinator:

NYNAC (New York North Alateen Conference) forms will be sent out at the end of this month. I will also be mailing as many forms as I can electronically. The cost this year will be \$115.00. I think that some groups may think that they need to have a certain amount of teens to qualify to attend NYNAC. If you have even one teen please come to NYNAC. Most of the groups have fundraisers to help with the cost to attend. If your group is small maybe you could consider having a joint fundraiser with another Alateen meeting in your area.

It was so awesome to have the teens attend the business portion of our Spring Assembly/ Convention. I was so impressed when some came forward to share on some important items on the agenda. We also had 2 teens attend as GRs (group representatives) for their groups.

Having had a spiritual awakening can be a very simple experience. I have recently discovered that if I thank God for guiding me in a decision that I am facing I am rewarded with some amazing results.

Love in Service, **Lynda C.**

## Alternate Delegate:

**On June 13, 2013, I received the following communication through e-communities:**

Regarding the Difference between *The Forum* and *Al-Anon Faces Alcoholism*. Please read and pass it on to your groups.

***The Forum* and *Al-Anon Faces Alcoholism*: Two very different purposes!**

Many of us had to overcome multiple challenges before we were ready to give Al-Anon Family Groups a try. We had to overcome denial that there was a problem with a loved one's drinking. Some of us didn't want to ask for help because it was embarrassing and we didn't want anyone to know what was going on at home. Even if we were aware that Al-Anon existed, perhaps the misconception that it's a religious group kept us away. Still others believed that no one could possibly understand what they were going through.

*Al-Anon Faces Alcoholism* is designed to address those challenges. Members write about their own denial, or share how they overcame the fear of reaching out. Most of all, members share hope, understanding, and compassion with the potential newcomer.

In *The Forum*, members share how the Twelve Steps, Traditions, and Concepts of Service have helped them find—and keep recovery! Even the newcomer walking through the door for the first time, someone who has already overcome the challenges of reaching out for help, could benefit from reading the experience, strength, and hope that we share in *The Forum*. They may be confused by our Legacies and even the some of the language we use, but Al-Anon and Alateen members will be there to help. Imagine how daunting it could be for a *potential* member, someone who may have never even heard of Al-Anon, to read about Concept Three or Tradition Five for example.

[With that in mind, please encourage members and groups in your district to share \*The Forum\* with one another and share \*Al-Anon Faces Alcoholism\* with their community!](#)

At the Spring Assembly, many Officers and Coordinators presented their Fears, Growth and Fun in either a position they hold now or have held in the past. I presented a report on being the previous NYNAC Coordinator. I would like to share with you about being in the **Position of Alternate Delegate / Forum Coordinator in this small space.**

- **The Fear:** That I might have to step in when our Delegate could not perform her duties. Am I capable? Do I know enough? What do I do? Through it all, I know I can depend on others to help and to trust my Higher Power through anything.
- **The Growth:** I have found I am Capable. I have learned more about the Steps, Traditions & Concept through reading *The Forum*.
- **The Fun:** Doing my Presentations at the Assembly with My Funny Hats that represent what position I am talking about and that helps people to remember who I am and what I do. I also enjoy making a Free *Forum* Subscription available to a member through our Drawing at each Assembly. It is fun to see the surprised look on their faces and share their excitement of winning.

Enjoy your Summer and  
Think about Stepping up to Service, **Diane C.**

## Archives:

As we move into the month of July, there is good news that the NYN Archives will be moving to a new home soon. The particulars have yet to be approved and finalized as to exactly what will take place in the next few months but we are all feeling relieved and positive about the decisions made so far.

For the time being, after August 1<sup>st</sup>, our materials will be placed in safe and secure storage and will not be readily accessible. I am requesting that if you have an immediate need for materials or information, you contact me before July 7<sup>th</sup> so that I may fill your request. It is not clear at this time when the Archives will be available again but appears to be not until at least January 2015, while our new space is being readied.

Change is difficult at best and I have learned that being open to change is the best course of action for me. That said, I have been considering what the upcoming changes have to do with this month's topic...A Spiritual Awakening. My awakening has come slowly and through service. That, by nature, has brought me inner peace.

Working with many program materials from the past has acquainted me with members and materials that are by nature quieting, peaceful and non-judgmental. The materials I treasure and research are the result of many decades of members' contributions given truly unconditionally and with love.

The experience of being an Archivist for the Fellowship has allowed me to share all of this with others, receive satisfaction and increase my understanding of others and myself in the process. This in turn has led me to a new and greater sense of a Power greater than myself and continues to allow the Program to grow in me. I owe a great deal of Gratitude to all of you for allowing me to serve you in this capacity.

Sincerely, **Kathy M.**

### SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order.  
DO NOT SEND CASH!!

Make payable to:  
NYN Area Assembly  
PO Box 398  
Morrisonville, NY 12962  
Add Group's registered name &  
the Group's ID Number (Very Important)

## NYN Calendar of Events

Please check website for more information @

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

(Important: be sure to type in the "www." first)

**July 4-6, 2014** First Ever Latin Al-Anon/Alateen Convention, New Jersey, NY. See website for more information: [www.convencionlatinaalanonalateen.com](http://www.convencionlatinaalanonalateen.com)

or email [convencionlatina2014@gmail.com](mailto:convencionlatina2014@gmail.com)

**July 13, 2014 @ 10am-4pm**, District 10 Picnic, Dorchester Park, 5469 State Rt 26

Whitney Point, NY 13862. Please bring place-setting, food/meat dish to pass, games

**Aug. 10, 2014 10am-2:30pm**, District 18 Annual Picnic. Proceeds to benefit NYNAC, Cedar Bay Park, Cedar Bay Road between Kinne Rd. and N. Burdick St. DeWitt, NY \$3 per person/\$5 per family donation. Bring dish to pass.

**Aug. 11, 2014 @ Noon**, Canandaigua AFG's 31st Anniversary, United Church of Canandaigua, 11 Gibson St. (corner of Main St.), Canandaigua, NY

**Aug. 16, 2014 AWSC Meeting 11am-4pm**, NEW LOCATION!! NSEA Building, 210 South Main Street, North Syracuse, NY 13212

**Sept. 26-28, 2014** NYN AFG Fall Election Assembly, Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

**Oct. 10-12, 2014** New York North Alateen Conference (NYNAC), Hosted by the Camillus, Liverpool and Fulton Alateen Groups

**Oct. 18, 2014 @ 9am, District 1**, One Day, "Masks to Miracles," Brighton Community Church, Brighton & Parker, Tonawanda, NY

### AWSC MEETING

#### PLEASE NOTE - LOCATION CHANGE

**When:** August 16, 2014 - 11:00 AM  
until done – approx. 4PM

**Where:** NSEA Building  
210 South Main Street  
North Syracuse, NY 13212

*Driving directions will be posted on the  
NYN Website.*

## Presentation Coordinator:

Happy summer! This is the time of year that I came into the rooms many years ago. I will be forever grateful that I was directed to Al-Anon. I realized how much I was focused on the person whose drinking was a problem for me. Whether that person chose to get help or not, my life has changed dramatically. The program has allowed me to look at life in a different way, with hope, whether the others in my life are drinking or not. Believing in something that I cannot see has been a process. My Higher Power (HP) has been there all along, waiting for me to be ready. What a gift! It has been in these rooms that I found I was loved and accepted and I began to recognize spiritual awakenings time after time. I no longer looked at experiences that happened by "chance." Good or not so good, all things happen for a reason and I know that HP is walking with me. It has helped me to accept crisis as a challenge. Not every spiritual awakening has been a "burning bush," but even the little moments fill me with gratitude.

Service has offered me so many opportunities for spiritual awakenings. Watching others "bloom" as they grow in the journey of recovery is a blessing. Sharing that journey is an awakening. One experience that humbles me is the time spent at the World Service Conference. I was asked to read the Concepts at the beginning of one meeting day. Sitting and looking out at a room full of Al-Anon members as roll call was done, was overwhelming. Such diversity in the room, with everyone having the same focus...recovery and making decisions that affect Al-Anon worldwide...it was a spiritual time for me. Even when we had strong opinions and did not always agree, we brought HP into the room, decisions were made and we left with a feeling of love for one another.

This summer, we have time to consider service at a new level. In the last two inventories for the New York North (NYN) Assembly, members have shared concern that there are the same faces rotating to different positions. If you want to see change, be a part of the solution. We have asked you to consider service and growth at the Area level. This Fall Election Assembly will include members filling out a simple resume for a position. It is on our NYN website under information and forms. Also on that page is the NYN Guideline for Expenses. As with any service position, we ask members to give of their time, but expenses are covered for rooms, food and travel. Job descriptions are updated and can also be found on the site. Contact any of the officers or coordinators if you have questions.

We may or may not have time for a presentation this Fall. If we do, it will most likely be

focused on matters relating to the election. It has been challenging and fun to work with others on the presentations. Hopefully, we will continue and have more that are interactive. It is amazing that three years have gone by. I think we will decide at this assembly whether or not to continue this committee. In the beginning, I was concerned that we might run out of ideas for presentations. Now, I have many ideas floating in my head. I think, allowing enough time at Assemblies is my biggest concern. Let us know what you think.

This is a time to carry the message and be a part of the solution. Have a great summer. Share your program. You never know who you might touch. You might even experience a spiritual awakening!

LIS, **Connie D.**

## Area Secretary:

I want to thank District 1 for hosting the Spring Assembly. The accommodations were terrific; the hotel staff polite and helpful. Having served as chairperson of a convention a few twenty four hours ago, I recognize the time and effort that went into this endeavor. Thanks again!

Mark your calendars! The Fall Election Assembly will be held September 26, 27, and 28, at the Comfort Inn, in Syracuse. Please consider standing for an Officer or Coordinator position. There are resume forms available on the New York North (NYN) website under "Information and Forms." When completed, email or snail mail to Area Chairperson. I personally have gained much from serving as Secretary these past 3 years. I consider it to have been a privilege and want to encourage anyone interested in this opportunity to act. My email address is on the back page of *Northern Hi Lights*.

The topic this month is Spiritual Awakening. My first months in the program were spent working on the Steps, in order. My plan, 12 Steps, twelve months, then on to the Traditions. Once I got a Sponsor, she helped me work the program and better understand that there was no time frame. So, by the time I reached Step 12 the Spirit of my Higher Power was within me wherever I went. I found an inner peace and a spiritual strength that allows me to face any situation. Higher Power assures me that I am not alone. This was my spiritual awakening. I had always known and practiced religion, but now I knew the spirituality others talked about. As a result of the Al-Anon program and especially the Twelve Steps, miracles continue to happen in my life.

Gratefully, **Marge R.**

**2014 NEW YORK NORTH AREA FALL ELECTION ASSEMBLY**  
**September 26, 27, and 28, 2014**  
**Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212**  
**"Service: You get more than you give"**  
**HOSTED BY DISTRICTS 18 & 19**

<b>FRIDAY 9/26</b>	<b>SATURDAY 9/27</b>	<b>SUNDAY 9/28</b>
Registration 3:00 pm –9:00 pm	Registration 7:00 am – 3:00 pm	Alateen Interest Meeting (8:00am)
Al-Anon Workshop (7:00 pm)	A.W.S.C. Meeting (8:00 am)	Spiritual Panel (9:30 am)
Open Alateen Meeting (8:30 pm)	New G.R. Meeting (8:30 am)	
	Assembly Morning Session (9:30 am)	
	Lunch Break	
	D.R. Luncheon (Noon)	
	Election Assembly (1:00 pm)	
	Banquet & Gag Gifts (6:00 pm)	
	Main Al-Anon Speaker (7:30 pm)	
	Al-Anon/Alateen Gratitude Meeting (8:30 pm)	

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**HOTEL RESERVATIONS - NYN AFG 2014 FALL ELECTION ASSEMBLY**  
**ROOM RESERVATION DEADLINE: August 14, 2014**

CALL TO RESERVE A ROOM ON YOUR CREDIT CARD: 315-457-4000 or 1 800-4CHOICE  
<http://www.syrhotel.com/> e-mail [CIS@Tramzhotels.com](mailto:CIS@Tramzhotels.com) **TELL THE HOTEL YOU ARE WITH THE NORTH AREA ASSEMBLY. EVENT # E-04307 TO GET THE CONVENTION ROOM RATE. ROOM RATE WILL BE \$99.00 (plus \$12.87 tax = \$111.87) FOR SINGLE, DOUBLE, TRIPLE, OR QUAD OCCUPANCY, PER NIGHT. ROOM RESERVATION REQUIRED FOR FREE CONTINENTAL BREAKFAST. ROOM RESERVATIONS MUST BE MADE BY August 14, 2014.**  
 Check in: 3:00pm / Check out: 11:00 am Make checks payable and mail to: Comfort Inn and Suites, 6701 Buckley Road, North Syracuse, NY 13212

Directions:  
 From NYS Thruway I-90, take exit 36 and travel south on I-81 to first exit, 7th North street. (Exit 25) Take a right at the light at the end of the exit then and another right at the light at Buckley Road. Hotel is about ¼ mile down on the left.  
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**2014 NEW YORK NORTH FALL ELECTION ASSEMBLY REGISTRATION FORM**

NAME: \_\_\_\_\_ AL-ANON REGISTRATION (\$18): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ALATEEN REGISTRATION (Free): \_\_\_\_\_\*

CITY/STATE/ZIP: \_\_\_\_\_ SATURDAY BUFFET (\$27): \_\_\_\_\_  
 (Please Pre-Register if you will be attending Saturday Night Buffet)

PHONE #: \_\_\_\_\_ D. R. LUNCHEON (\$10): \_\_\_\_\_  
 (Please Pre-Register if you will be attending DR Luncheon)

E-mail Address: \_\_\_\_\_ HOSPITALITY ROOM DONATION: \_\_\_\_\_

**MAIL TO:** \_\_\_\_\_ **TOTAL ENCLOSED:** \_\_\_\_\_

**2014 NYN Fall Assembly** Is this your first Al-Anon Assembly? \_\_\_\_\_  
**P.O. Box 5695** Are you a New GR? \_\_\_\_\_  
**Syracuse, NY 13220** Are you a New DR? \_\_\_\_\_  
 Are you willing to volunteer to help out at the Assembly \_\_\_\_\_

**PLEASE MAKE CHECKS PAYABLE TO :2014 NYN FALL ASSEMBLY. MEAL AND ASSEMBLY REGISTRATION DEADLINE IS September 3, 2014. \* ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS. YOU CAN ALSO REGISTER FOR THE ASSEMBLY AT THE DOOR, HOWEVER MEAL REGISTRATIONS ARE NOT ALWAYS AVAILABLE.**

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

## Do you know whom to contact with an AI-Anon related issue?



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NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<u>Delegate:</u>  Ruth S.  <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Immediate Past Delegate:</u>  Elaine R.  <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>Alternate Delegate:</u>  Diane C.  <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<b>Panel 4</b> Helen S.  <b>Panel 13</b> Ruth F.  <b>Panel 16/19</b> Maxine B.
<u>Chairperson:</u>  Pam A.  <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>	<u>Secretary:</u>  Marge R.  <a href="mailto:secretary@nynafg.com">secretary@nynafg.com</a>	<u>Treasurer:</u>  Linda A.  <a href="mailto:treasurer@nynafg.com">treasurer@nynafg.com</a>	<b>Panel 22</b> William S.  <b>Panel 25</b> Marcia J.
<u>Alateen:</u>  Lynda S.  <a href="mailto:alateen@nynafg.com">alateen@nynafg.com</a>	<u>Archives:</u>  Kathy M.  <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Conventions:</u>  Maureen K.  <a href="mailto:convention@nynafg.com">convention@nynafg.com</a>	<b>Panel 28</b> Mary G.  <b>Panel 31</b> Arlene M.
<u>Group Records:</u>  George S.  <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Public Outreach:</u>  Sherry S.  <a href="mailto:pi@nynafg.com">pi@nynafg.com</a>	<u>Literature:</u>  Pat H.  <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>	<b>Panel 34</b> Sherry B.  <b>Panel 37</b> LaVaughn R.
<u>Newsletter:</u>  Gwenne R.  <a href="mailto:newsletter@nynafg.com">newsletter@nynafg.com</a>	<u>NYNAC:</u>  Lynda C.  <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>	<u>Web:</u>  John O.  <a href="mailto:web@nynafg.com">web@nynafg.com</a>	<b>Panel 40</b> Anne F.  <b>Panel 43</b> Connie D.
<u>Spanish Contact:</u> Cira B. <a href="mailto:spanish@nynafg.com">spanish@nynafg.com</a>	<u>Presentation Coordinator:</u>  Connie D.  <a href="mailto:presentation@nynafg.com">presentation@nynafg.com</a>		<b>Panel 46</b> Robert C.  <b>Panel 49</b> Elaine R.

# Have you considered using *NHL* as a meeting topic?

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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 398, Morrisonville, NY 12962.

**All Al-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

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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, 144 Seymour Rd., Rochester, NY 14609, or  
**Email:** [records@nynafg.com](mailto:records@nynafg.com)

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