



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

Inside This Issue

Topic: Why I kept coming back.

Table of Contents:

1. Area Delegate
2. Alternate Delegate,
3. Public Outreach Coordinator,
Alateen Coordinator
4. Group Records Coordinator
5. Treasurer's Report
6. Archive Coordinator,
Immediate Past Delegate,
Literature Coordinator
7. NYNAC Coordinator,
Presentation Coordinator
8. Convention Coordinator,
Website Coordinator,
Newsletter Editor
9. Area Chairperson,
NYNAC Letter to Attendees
10. Al-Anon Acronyms,
District 1 Guideline
11. Area Secretary Report on Prayer
12. Al-Anon Acronyms
13. Baskets Needed for
Fall 2016 Assembly/Convention
14. Fall 2016 Registration Form
15. Contact Information
16. Subscription Form

Newsletter Editor: John O.

Proofreaders: Gwenne R.,
Connie D.

Technical Support: Pat H., District 2

Northern Hi Lights

Al-Anon News from New York North Area Delegate Panel 55

Hello NYN,

Summer is winding down, and it seems like just a little while ago I was preparing to give my report to you about what happened at the 2016 World Service Conference (see Spring Delegates report on the www.nynafg.com webpage).

Now you have an opportunity to read it in the 2016 *World Service Conference Summary*. There you will see everything that the delegates listened to and voted on (www.Alanon.alateen.org/ members). You can read the report online or download it, or purchase for \$5.00. District representatives will be given a copy to share with their group representatives. (If you are going to attend the Fall Assembly a little birdy told me that there will be a few copies for sale there also). Here are some of the highlights:

- Trips to the European, Central American, & Ibero-American Zonal Meetings by Trustees.
(Al-Anon is a worldwide fellowship)

(Delegate continued on 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 Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

- Textual changes to Concept 11 and memorial contributions. Policy changes in wording of conventions and other events was discussed, but will be taken back to the Board and considered at 2017 WSC Conference.
- Chosen agenda items:
 - How do we adapt and evolve to attract and retain younger members under 40 while staying true to our purpose, 12 Traditions, and Concepts?
 - How can we promote unity within the fellowship so we can see past our differences to focus on providing support to people who've been affected by someone else's alcoholism?
 - Are we inclusive?
 - Al-Anon groups worldwide growing or shrinking? How can we address this trend?
- 2015 Annual Report
- 2016 Proposed Budget
- Literature Committee Report on "Just for Today Prayer." The delegates are undecided about whether to keep *Prayer for today* that appears on the *Just for Today* bookmark, Wallet Card and on page 101 of *How Al-Anon Works for Family and Friends of Alcoholics*. There will be continued discussion of this at the 2017 World Service Conference. I thank all of you (those at the Assembly and those who contacted me afterwards) for your heartfelt ideas and thoughts regarding the subject. I want to assure you that the delegates will do their best with further information before they make any changes to these important pieces of literature.
- Task Force Reports on :
 - Acceptance of communities, cultures, and beliefs
 - Communication and strengthening our Links of Service
 - Meeting Types how to spice up your meeting and other ideas that might work to attract people to your meeting. I worked on this Task Force and if you are interested I will have a few copies of it at the Assembly)

- Technology and Anonymity and how to use conflict resolution in solving issues

Please read the 3 minute talks by our outgoing Panel 54 Delegates on how they realized Their spiritual potential through Al-Anon and service. This was very inspirational to me when I needed to reach out for help, felt I could not do things, or was self-critical. Service is a vital part of my spiritual journey, and I hope these sharings will encourage you to become more involved.

Looking forward to seeing all of you at our Fall Assembly in Syracuse New York on September 23 to 25, 2016.

Diane C.

Alternate Delegate

Hello NYN,

New Groups: The last new group I welcomed was an Alateen group in Rome, NY on May 24, 2016.

The Forum: I continue to be amazed by the comprehensiveness of each *Forum* I receive. This little magazine is packed full of Al-Anon wisdom, tools, and information. In the August 2016 issue, for example, the article, "I Can Change My Thinking," (page 8) talks about how I may not be able to change my feelings, but with Al-Anon's help, I can change my thinking - to one of gratitude, acceptance and detachment. Even after being in the program for 11 years, I love to refer to *The Forum* for ideas when I am asked to speak, or for a convention theme, or a meeting topic, or for how to be a better sponsor, etc. I look forward to the articles on the Step, Tradition, and Concept of the month that help me see how they can relate to my own life.

If you haven't read *The Forum* lately, take another look. It is Al-Anon in a nutshell, including up to date news from Al-Anon's World Service Conference and World Service Office.

On Topic: In December, 2003, I was in a very low spot. Because of my fragile emotional status, I didn't feel capable of holding even the simplest of jobs. I didn't have any friends I felt comfortable with because I wasn't comfortable with myself. I was no

high alert all the time and dissatisfied with just about everything in my situation.

Flash forward to 2016. While nothing radical has changed with my physical surroundings, boy has my perspective changed! I can trace the beginnings of that change to an invite by a friend to join her at an Al-Anon meeting that December in 2003, because, as she said, "It's the best place I know to improve your self-esteem."

I keep coming back because Al-Anon's Steps, Traditions, and Concepts give me the tools to live a spiritual life - a life filled with love and joy and peace - no matter what my circumstances.

Thank you all my Al-Anon friends (the real reason I keep coming back!)

Gwenne R.

Public Outreach Coordinator

Hi Everyone,

Our topic for this month is, "Why I kept coming back." When I came back into Al-Anon, a few years back, I needed help and I was ready to do things differently than when I first came into Al-Anon. I met some wonderful, loving people that I wanted to be around and to learn from. Thank goodness I found strong, structured meetings where the Steps and Traditions were talked about, Sponsorship was encouraged, and people signed up to share their experience, strength and hope. I learned early on about service and I was more than happy to set up, make coffee, and put out literature for the meeting. I felt a part of, no longer alone. Because of these gifts, I am able to pass on what was so lovingly given to me.

- If you ordered the new *Al-Anon Faces Alcoholism 2017*, your order will be shipped September 1st.
- There is a newly revised pamphlet (previously titled *Dear Mom and Dad*) **Alateens Share with Adults in Their Lives (P-67)**. This pamphlet features stories by Alateen members who share with the adults in their lives how they have been affected by the disease of alcoholism and why they need to go to Alateen. With updated graphics and text, this pamphlet can be used as an outreach tool to members of Al-Anon, members of A.A., members of the professional community, and to any adult

who is in contact with a teenager affected by someone else's drinking. The cost is \$.30.

- September is National Recovery Month. A New York Recovery Conference and Celebration is taking place in Troy, N.Y. on August 31st and September 1st at the Hilton Garden Inn. Bob C., District 7 rep, looked into NYN having a table but found out the cost was \$600. With Bob's charm and perseverance, however, he was able to renegotiate the fee to \$25! Thanks Bob.
- In Rochester, many outreach events are taking place. Brian O., Public Outreach Chair for AIS, and other members have been bringing meetings into recovery houses and treatment centers for families. Also, Brian, with others, is making presentations to professionals. We will be cooperating with Family Recovery Network on Saturday, September 24th from 11-3 at Marketplace Mall in Henrietta. Brian is seeking someone from Alateen to be there to help answer questions.
- In Buffalo, members have been bringing an introductory Al-Anon meeting out to the Orchard Park location of Lake Shore Behavioral Health.

Please be in touch with me as to what is happening in your community. Thank you for all that you do and I look forward to seeing all of you at our Fall Assembly in Syracuse.

Together we can make a difference,

Pat H.

Alateen Coordinator

Hi Friends,

I hope that everyone had a great summer and is ready for the arrival of autumn. I love that time of year with the smells, cooler weather and most of all the colors that only my Higher Power can paint. So much has been happening since my last article so let me update you. The recertification process has been completed for all AMIAS's (Al-Anon Members Involved In Alateen Service) in New York North (NYN), and here is the breakdown:

130 AMIAS's on the Initial Report received from World Service.

10 New AMIAS's added since January 1st.

26 AMIAS's Inactivated either by their request or failure to recertify.

114 Current number of active AMIAS's in NYN.

Each AMIAS who failed to comply was sent a letter advising them that they are no longer a certified AMIAS and can no longer work with the teens. At the Fall Assembly I will be presenting each District Representative a complete list of all active and inactivated AMIAS's within their Districts. I also inactivated two Alateen groups:

"A Day at a Time" – Binghamton, and "Cloverleaf Alateen" – Tonawanda

Welcome to our new "As Strong as They Come" Alateen Group in Sidney, NY.

I plan on presenting a recommendation at the Area World Service Conference in August to add to our current NYN Alateen Guidelines a process for recertifying all AMIAS's on a yearly basis as required by World Service. If approved it will be voted on at the Fall 2016 Assembly. I will update everyone on the decision in my next article.

There will be an Alateen Outreach Meeting on Saturday, September 10th from 12 noon to 3pm. The meeting will be held at St. Michael's Lutheran Church in Camillus. I sent an invitation to all active Group Sponsors, Alateens and certified AMIAS's in NYN. The purpose of the meeting is to discuss how we can become stronger in spreading the word about Alateen in schools, rehabs, churches and medical facilities. Upon sending a request to Marylou at WSO, she graciously sent me a press release for Alateen along with a poster that we can update and utilize as part of our outreach package.

A couple of years ago World Service published a training module for areas to use to educate new AMIAS's along with keeping active AMIAS's up to date on requirements and guideline changes within Alateen. These guidelines were set forth by World Service and the individual areas in an effort to provide a safe and welcoming environment for our teens. A special thank you to Marybeth G., a Group Sponsor from the Friday Night Camillus Alateen Group for assisting me with this project. I am hoping that once NYNAC (New York North Alateen Conference) is over we can begin doing training workshops for all registered AMIAS's in NYN. I will update you with more information about the module in my October article.

Thank you so much for all of your cooperation and support.

Walt S.

Group Records Coordinator

I have been doing record changes as I receive them. If you are interested in standing for this position next fall that is what I do. I make record changes. It also entails a bit of investigative work. The changes are to the WSO database and my records of the groups. It also involves the email addresses of subscribers to *Northern Hi Lights* and keeping a list of the hard copy subscriptions for the newsletter. I also maintain, with the delegate, the list of district representatives, and the current list of officers and coordinators for NYN.

Our topic this month is "why I kept coming back." I guess that when I started coming it was the realization that alcoholism could affect your life even if the drinker had passed away. As I kept coming back I started to hear things that I had thought about but had never been able to put a voice to. I soon learned this was the spiritual part of the program, and that was what was missing from my life. I started exploring all things spiritual, in and out of the program. I began to see that the practice of spiritual thinking and spiritual behavior made a difference in my life. I began to see life from a very different perspective. Now, after all these years, I still come back to pass it on and also to keep myself focused on myself and a spiritual life. I need the constant reinforcement as old habits die hard. Finally, I have found a place that speaks to my inner self in a way that I have not been able to find anywhere else. Thank you for allowing me to grow through this position and through the wonderful program of Al-Anon.

Lynda S.

Treasurer's Report

Greetings, NYN Family!!

When you read this, we will be very close to the Fall Assembly in Syracuse!! I hope each and every one of you had a wonderful summer and are looking forward to the truly gorgeous colors of autumn!!

The following donations have been received during the months of June and July:

Group Name	Gr #	Amt
Circle of Healing	54280	13.63
Cortland	9696	50.00
Chittenango	9677	15.00
Wms Tues Am AAC	31686	25.00
Small Steps	32360	55.00
Peterboro	10188	36.00
Serenity Seekers	30576552	50.00
Webster Mon	10385	25.00
Step into Recovery	30662245	10.00
Tues Courage	48141	10.00
Queensbury	9765	45.00
Thurs Marcellus	UNK	25.00
UNK	10296	50.00
UNK	9763	45.00
Hamb Cour to Chng	63806	25.00
District 22	n/a	25.00
Evening Serenity	9676	30.00
UNK	9612	15.00
UNK	32150	15.00
Path to Recovery	3051818677	50.00
Weekend Ithaca	32895	237.26
Mon Canandaigua	24271	30.00
12 & 12	UNK	75.00
St Anne Church	30375	21.50
Westenders	UNK	4.50
Chittenango	9677	15.00
Penn Yan	UNK	75.00
Hudson Falls	9815	25.00
We Are Not Alone	38151	50.00
Fayetteville	9742	25.00
Hamb Cour to Chng	63806	15.00
Concord	62569	8.00
AFG Friday	9828	30.00

Healing Circle	UNK	102.42
Simple Beginnings	44964	25.00
This New Day AAC	33001	25.00
Serenity Group	40863	60.00

WAY TO GO, NYN!! THANK YOU ALL for your financial commitment to OUR Area!!

The following expenses have been paid since last reported in the Newsletter:

Citizens Bank	\$104.26
Walter S	146.00
US Post Office	18.80
NYNAC	50.00
Able Smith Tent (NYS Fair)	229.60

Current Balances are as follows:

Regular Checking	\$11,112.25
Reserve Checking	9,215.40
Sage Ruddy Mutual Fund	2,822.49

This month's topic is Why I Keep Coming Back. That's an easy one!! Because I keep learning something new at EVERY meeting, which means I am still a Work in Progress!! I also heard early on in my program that, in order to keep my program, I had to give it away. I cannot give it away if I don't keep coming back!! I know I will never graduate. I know I want Al-Anon to be here for the next generation. In order for that to happen, I have to Keep Coming Back. I hope you do, too!! Looking forward to seeing many of you at the Fall Assembly! Come up and introduce yourself to me! Hugs,

Linda A.

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 and Group's ID
Number (Very Important)

Archives Coordinator

Hey NYN members,

WSO will research group information for you, including when your group first registered. To do this, you just fill out an AR-9 form and send it in. A group filled it out and discovered their meeting had been around for over 50 years! Email me at archives@nynafg.com if this is of interest to your group.

Why do I keep coming back? Although the person who's drinking bothered me is no longer in my life, I keep coming back because it's was never about them. I come back to work on me. Coming back reminds me of where I was and how far I have come and where I want to go. The Seventh Tradition states: "Every group ought to be fully self-supporting, declining outside contributions." To me part of being fully self-supporting is going to meetings and sharing what is going on with me and what tools of AI-Anon I use to get through difficult situations. Also the fellowship I find in the meetings is very rewarding. Sometimes the best part of a meeting is the meeting before the meeting and the meeting after the meeting. These days I don't go as often as I did during the worst of it, but I will keep coming back for me.

Yours in Service

Kevin M

archives@nynafg.com

Immediate Past Delegate

Dear NYN Friends,

By the time you read this the New York State Fair will be in full swing. I am sure it will be a very successful event for all who take part. I will have a final report at the Fall Assembly.

This month's theme is "Why we keep coming back." For me there are a few reasons.

I always try to remember what I was like when I first came into AI-Anon. My life was a mess, nothing

was going right. All the plates I had kept spinning for so long came crashing down at the same time.

When I went to my second meeting, I went back thinking I might find out how to be happy again, that you all would give me the secret. You did! You taught me how to let go, that I had to work on myself, that the Steps would show me the way. With a lot of work, a really good sponsor and everyone in the meetings, I have found how to be happy no matter what is happening.

I know that if I don't go to meetings I slip back. I get a little crazy, beginning to think I might have control. I make sure I then play it all through. What I was like, what I thought I could do before AI-Anon. I know now I cannot miss meetings. They are what keeps me grounded and keeps me happy.

The other reason I keep coming back is all the people who are part of my life because of AI-Anon. You all are very important to me. I need you in my life. I have no plans not to keep coming back. Gratefully in Service,

Ruth S.

Literature Coordinator

Hi AI-Anon friends,

I continue to be in contact with Pat H., who has given me a lot of help. – Thanks Pat! I checked out the Electronic AI-Anon Conference Approved Literature sheet and the list of electronic literature in the catalog at Pat's suggestion. Both now match as of the WSO July 2016 update. I sent emails to all the LDCs (Literature Distribution Centers) giving them my name and contact information and I am updating my list of the LDC contacts. I have also been in contact with Tom C., WSO Director of Communications-Literature, who is a wealth of information and has been a great help as well. I had a request for a copy of the 2016 WSO Conference Summary and asked for and received help with that from our Delegate, Diane C.. One more thing, I am very much looking forward to my first conference call as NYN Literature Coordinator!

Regarding this month's topic, why I keep coming back: wow! I have learned through the years that if I don't continue to go to meetings, read the literature, and talk to Al-Anon people, I just go back to being crazy and miserable. It is very much worth it to keep coming back to protect my serenity and my sanity and also to help other people along the way.

Nancy R.

NYNAC Coordinator

NYNAC Coordinator

Wow, NYNAC is just around the corner! Many of us have been working very hard to make this happen. Thank you one and all! The registration and medical forms have been mailed out to all the group contacts. Please remember to get them notarized, make a copy for me and keep the original. An original must be given to the vehicle driver for each Alateen in the car. Please use double sided copy for the registration and medical forms if you can. (Registration form on one side, medical form on the other.) Copies of the forms and your check(s) need to be in to me **no later than September 20th**, so I can pay Vanderkamp.

Also, as many of us know, we have experienced the pinch of inflation. We will once again be at Vanderkamp, but there has been a significant price increase. One of the main reasons for the price increase is due to health safety. We will not be bringing our own linens this year, and the price of the linen service for this event has raised the price significantly. Ironically, of the other places we checked out, those that were available that weekend, the cost was more for fewer attendees. I am asking for group and/or individual donations to help get us through. This year we need to replenish many of our supplies, such as printer ink (it is less expensive to purchase ink and print on my printer than it is to pay to print at Staples or Kinkos), copy paper, Sharpies, various size envelopes, arts and crafts materials, etc. Donations can be sent to

NYNAC, c/o Leslie C. (Checks must be made out to NYNAC.)

The art work has been given to the tee shirt company and their graphic arts guru is going to do a little magic. I am expecting proofs and prices any day now. We are taking pre-orders for anyone who wants to have one, or an extra one or more. These are \$10.00. The shirts are white this year, and if you order in advance, we might be able to order it in your size if you don't want it in extra-large. These must be paid for in advance. Please send me your checks made payable to NYNAC prior to September 20th, and put T-Shirt in the memo, please.

2016 NYNAC FUNDRAISER APPEAL

The Alateen Convention is just a short time away, and we could use a little help, please, in order to keep the convention affordable for the teens. We need money to purchase Sharpies, printer ink, copy paper, 12" X 9" envelopes, legal envelopes, mailing labels, name tags, miscellaneous arts and crafts materials, etc. These costs are usually factored in, but it raises the price quite a bit. (Any extra money received will be used for future conventions.)

Individual and/or group donations greatly appreciated. Please help if you can.

You may send any donations to NYNAC, C/O Leslie C.

Thank you in advance for your support.

Leslie C.

Presentation Coordinator

Why do I keep coming back? I ask myself that question a lot. I get bored in meetings, especially when the discussion veers into non-Al-Anon territory. I feel lonely in meetings where no one mentions the literature, Slogans, Steps, or other Legacies. I get impatient listening to someone's whine-a-log. I have other demands on my time.

But in times of ill health when it has been difficult for me to make it to meetings, I am rudderless. I feel like I'm adrift and ungrounded. Just going to a place where I hear the steps read, where someone is actually working a program to the best of her ability—that grounds me. I keep coming back because I need regular, frequent, consistent contact with the principles of the program. I need "God with skin on." That's you guys.

At Assembly we will be doing a presentation on our inner, unknown biases and how these can interfere with our program. There will be costumes! There may even be glitter! If you want to be an actor in a skit, please contact me!

Sarah R.

Convention Coordinator

Are you a GR (Group Representative)? Yes? So have you registered and plan to attend the Fall 2016 Assembly? Still time. Oh, you say you are not your group's GR. Well has your GR registered? You could join him or her. Ugh... you say your group doesn't have a GR. Well. You could volunteer and be the alternate GR. Remember, if your group isn't represented there will be no vote from your group. Also who is going to report all the latest news from NYNAFG and all the District announcements at your next group AI-Anon meeting? Come on, join us. Lots of fun, fellowship, and hear what's going on throughout NYNAFG. Hope I see you!

September 23-25, 2016 Fall Assembly, District 22 Hosts. Comfort Inn & Suites, North Syracuse Registration form is on the nynafg.com webpage and in this *Northern Hi Lights*. Come for the day, or the whole weekend.

And mark your calendar now so you don't miss out on the exciting **2017 Spring Assembly/Convention, May 19-21**, at The Milenium Hotel, Buffalo, Hosted by District 12.
What keeps us coming back?

In that first meeting it was suggested I come to 6 meetings, close together, before I decide whether AI-Anon is helping me. Well, I was beginning to

smile, between the crying. I was meeting lots of nice people who seemed to be happy and were always willing to share what worked for them. So I kept going to lots of meetings, many different groups. I went to Assembly and District meetings and Intergroup meetings. I worked the Steps with my sponsor. In spite of, life was good. Why would I stop? I realized if we all get 'better' and decide 'we got it' and we stay home, who would be here for the newcomer? I will always remember the day I walked into my first AI-Anon meeting, and the room was not empty. Thank you, Thank you!

Nancy H.

Website Coordinator

As Web Coordinator, I've received 47 inquiries this year, and have enjoyed being of service as an ambassador for AI-Anon.

Why do I keep coming back? Because I find peace and quiet, new hope for tomorrow, and can say things out loud that I can't say anywhere else without judgement. I learn new choices to my learned behaviors, and can find encouragement from my fellow members. Lastly, I get a timeout from the pressures of the world around me.
Love in service,

Molly C.

Newsletter Editor

Hello NYN,

Why am I here? Because I'm not all there! I learned that early in the program from a previous editor, Jim F., who later on was NYNAC Coordinator. He posed that question at an early AI-Anon Conference, maybe my first. We all had a good laugh, and I've been using that line ever since. The good thing is, I know it, and that attending meetings and volunteering for service in AI-Anon has given me a semblance of sanity, and insight into why I acted and felt the way I did, and gave me the courage I needed to change, which is an ongoing process I'm grateful for. I never expected happiness in my life, and my progress

thrills me. Shortly after my first meeting, I decided to use this program to recover, as I was well aware that my self-esteem wasn't.

I felt so bad at the time that I went to a meeting every night, because that hour was the only one where I felt better. I was trying to find an answer for my loved one's disease, and not being able to was unbearable. Luckily, going every night was the answer, because it kept reinforcing the fact that I was powerless, and needed to get the focus on myself, which I was able to do in just a few months.

John O.

Area Chairperson

Hello NYN!

I've been on vacation, with the thought of the AWSC meeting this Saturday coming to my mind every once in a while, and another dim thought of writing this month's newsletter article.

Unfortunately, I accomplished little, so I'll just speak to the topic of why I keep coming back to meetings after 44 years.

In the beginning Al-Anon was my lifeline to sanity, something I seriously lacked. As I continued to attend meetings, I learned that I had something to offer such as defining an obscure word, chairing a meeting, being literature coordinator, and eventually group representative. That was when my lifeline held me close when one night my spouse rolled a truck over off Rt. 81. I was 8 months pregnant and dealt with potential death, possible infidelity, and wracking debt. Al-Anon meetings didn't change any of this, but attending meetings and talking to my sponsors saw me through it. I keep coming back today because I need the assurance that I am loved, valued, and capable of solving my own situations as well as obtaining the insurance to protect me from having to face any future difficulties alone. I know that I should probably say something about "giving back" but it's

a selfish program, and when I share my experience, strength and hope, if it helps someone, that great. But mostly it's to help me never forget the insanity that I thought was normal 44 years ago. Love in service,

Susan A.

NYNAC Letter to Attendees

Greetings All,

It is hard to believe that NYNAC 2016 is only two short months away. We have been able to get Vanderkamp again this year! That having been said, there are a few things we need to address.

The cost for this year's NYNAC will be \$125. The cost of the facility has gone up (but is less than other places we checked into that still had the weekend available). We must have a minimum 30 teens and adults attend in order to break even. We can have a maximum of 17 males and 35 females. This includes the cost of the tee shirts. The cost of the nurse is not included as there was money available from other fundraising efforts. I have contracted for the least number of attendees, but we may add if we exceed 30. It would be fantastic if we do!

Part of the cost increase has to do with linens. We will **NOT** be allowed to bring in any linens (sheets, pillow cases), towels, washcloths, pillows, blankets, sleeping bags, etc. This is all provided for by Vanderkamp (and also part of the reason for the cost increase). This is due to health concerns. If you have a question about whether or not you can bring something, please figure you cannot, or get to me and ask.

Enclosed you will find registration, medical form and guidelines. Please review the guidelines yourself, and then go over them with your teens. It is very important to get your registrations and registration

fees into me as soon as possible. You may send the registrations and registration fees as you receive them from your co-sponsors and teens. I really must have them by September 20th so I can pay Vanderkamp by September 25th. Your cooperation in this will be greatly appreciated.

Please remember to bring clothing for the season. It can get pretty cold there, so cold weather wear is recommended. Better to have it if you need it than to need it and not have it.

Everyone should bring their own flashlight. Please mark your property so it can be returned if it is left behind.

If you have any questions, please feel free to call me. I can be reached at 315-391-0089. If your call goes to my voice mail, please leave me a message and a time that would be good for you to receive a call back.

Yours in service,

Leslie C.

District 1: Problem and Solution

District 1 has developed a procedure for their district dealing with an unruly member's unacceptable behavior. It can be viewed by going to;

www.tinyurl.com/d1events .

Area Secretary

Should the "Prayer for Today" be removed from the "Just for Today Bookmark and Wallet card and from "How AI-Anon Works?"

At the 2016 Spring Assembly/Convention, Diane C. our NYN Area 39 Delegate reported that during 2015 the WSO Literature Committee began discussing requests from two different members from different areas to make changes to the "Prayer for Today" which is on the *Just for Today* Wallet Card and Bookmark and also on page 101 in "How

AI-Anon Works for Families & Friends of Alcoholics". Using the Knowledge-Based Decision-Making process (KBDM) the WSO Literature Committee reached a decision to recommended the removal of the "Prayer for Today" from the *Just for Today* Bookmark and Wallet Card, and from "How AI-Anon Works". They presented their recommendation to 2016 WSC. (See pg. 57 of the 2016 WSC Conference Summary for more detailed information on this topic.)

http://www.al-non.org/members/pdf/summary/summary_2016.pdf

After much discussion at the 2016 World Service Conference no motion was made and no vote was taken, as the consensus of the Conference was that the Delegates go back to their Areas for further discussion and revisit the Literature Committee's recommendation at the 2017 World Service Conference.

During Diane's report she asked that the Assembly be given a chance to express their thoughts on the topic during the afternoon session. Approximately 20-30 minutes was given using the 1 time at the mic 2 minute time limit for members to share their thoughts. Below is what NYN members shared.

- My Opinion: Leave the prayer on the bookmark.
- If this is changed (which I do not agree with) change "Lord" to "I ask my Higher Power" and change "O, Devine Master "to "I ask my Higher Power.
- Prayer for Today:
Make me an instrument of serenity".
Where there is chaos, let me find peace.
Where there is doubt, confidence;
where there is despair, hope;
Where there is loneliness,
community.
Let it begin with me." And then add the slogans.
- Change first line of each paragraph.
May I be an instrument of peace.....
May I not so much.....
- Take out all words regarding religion.

- Take what you like and leave the rest.
- Remove the prayer and make the other part bigger. People have issues with God.
- Change Devine Master
- Remove the prayer. It's a religious prayer. St. Francis Prayer encourages codependency.
- Is about co-dependency - It suggests that I have power. Al-Anon teaches we don't have the power. We are powerless.
- We are not affiliated with religions, there are many religions besides Christianity. Is this affiliated with organized religion? Yes, I think so. We are spiritual not religious.
- Many people have issues with God and religion.
- This is a Christian prayer and inappropriate for Al-Anon.
- It's seems like codependency- Because it suggests you change others by your activity.

- When I practice the Steps, especially Step 11, I use this prayer.
- I'm not Christian but appreciate this prayer.
- It teaches me to be the best I can be and about my Higher Power's will.
- If it gets remove – please replace with something comparable.
- Good ideas come from all people and places.
- Take what you like and leave the rest.
- If we take this out then do we do it to every piece of CAL?
- If it wasn't already there would we be choosing to use?
- Like the thought of to keep it - give it away. Dark- to lightness.
- Keep the prayer.
- It's not diverse to Christian.
- It's bias.
- What would Lois say?

Pam A.

- Not in Al-Anon language. Change:
God to Higher Power
Hate to Chaos
Peace to Serenity
- Remove the prayer and make the print bigger.
- Keep the Prayer
- Leave as is. Too much God things are being taken on out of the world.
- I got spirituality while in the program. Everyone is taking God out of everything.
- I love the prayer. Read about the origins from the Oxford Program.
- I was wounded when I came into the program. I love the prayer. I was raised Christian and very codependent. The prayer puts the emphasis on me, it teaches me self-love.

Al-Anon Acronyms

AAPP –Area Alateen Process Person
AFG – Al-Anon Family Groups
AIS – Al-Anon Information Service
AMIAS – Al-Anon Member Involved in Alateen Service
AWSC – Area World Service Committee (made up of officers, coordinators, and district representatives of an area, such as ours, New York North)
CAL- Conference Approved Literature
CMA – Current Mailing Address
DR – District Representative
GR – Group Representative

KBDM – Knowledge-Based Decision Making
LDC – Literature Distribution Center (local)
Legacy – The Al-Anon legacies are the Steps, Traditions, and Concepts
NERD – Northeast Region Delegates
Northern Hi Lights – NYN Newsletter
NYN – New York North Area
NYNAC– New York North Alateen Conference
PO/CPC – Public Outreach / Cooperating with the Professional Community
RSS – Regional Service Seminar
TEAM – Together Empowering Al-Anon Members
WSO – World Service Office
WSC – World Service Conference

Baskets

Needed for

Fall 2016 Assembly

Our theme is:

“What am I doing with what I’ve got?”

How about sharing some of

What you’ve got in a basket for

The raffle?

Rather than selling items as a fund raiser, we are Doing a 50/50 Raffle and selling tickets prior to the Fall Assembly. Raffle tickets will also be on sale at The Assembly. You do not need to be present to Win. Put name and phone number on the ticket.

Tickets are 1/\$1; 3/\$2; 10/\$5

Interested? Contact us @ fall2016assembly@outlook.com



NEW YORK NORTH FALL ASSEMBLY SEPTEMBER 23-25, 2016



"What am I doing with what I've got?"

Hosted by District 22

COMFORT INN & SUITES / 6701 BUCKLEY RD., NO. SYRACUSE, NY 13212

Directions: From NYS Thruway I-90, take Exit 36, head on to I-81 south to the first exit (Exit 25) 7th North St. Take a right at the light at the end of the exit and then another right at the light at Buckley Rd. Hotel is about 1/4 mile down the road on the left.

Reserve your room directly with the Comfort Inn: Group Rate Room Reservation **Deadline: 9/1/2016**

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Online : www.syrhotel.com

Room Rate is *\$89/ night plus 13% tax: \$100.57 total (1-4 people in a room)

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2016 NYN AFG FALL ASSEMBLY REGISTRATION FORM

(Please submit a separate registration form for each person attending)

Make registration checks payable to: NYN AFG 2016 FALL ASSEMBLY

****Alateens must have adult supervision, notarized parental permission slips and medical release forms.****

Mail completed form and payment to: NYN AFG 2016 FALL ASSEMBLY

Need Info:
fall2016assembly@outlook.com
518 791-5549

P.O. Box 4574
QUEENSBURY, NY 12804

Name: _____ Early Registration by 8/23/16 \$15 _____

Address: _____ Registration after 8/23/16 \$20 _____

City/State/Zip: _____ Alateen Registration \$12 _____

Phone # /Area Code: _____ Banquet by 8/23/16 \$32 _____

Email: _____ Banquet after 8/23/16 \$37 _____

DR Luncheon * \$5 _____

Are you a: New Group Rep (GR) _____
New District Rep (DR) _____ Hospitality Donation \$ _____

Total Amount Enclosed \$ _____

**Regarding the DR Luncheon, we will provide Pizza and Tossed Salad (available in the Hospitality Room.) You may get lunch on your own or have pizza / salad to bring to the assembly meeting room at lunch time, for a get together of DRs and interested members.
Thank you. District 22 Host Group*

Do you know whom to contact with an AI-Anon issue?
Unless this is a personal subscription, this copy belongs to your group.
Please share it with them, and make each issue available at your meeting.
To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Diane C. delegate@nynafg.com	<u>AlternateDelegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed.PastDelegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> SusanA. chairperson@nynafg.com
<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
<u>GroupRecords</u> Lynda S. records@nynafg.com	<u>Literature</u> Nancy R. lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>PublicOutreach</u> Pat H. po@nynafg.com
<u>Presentation</u> Sarah R. presentation@nynafg.com	<u>WebCoordinator</u> Molly C. web@nynafg.com	<u>Newsletter</u> John O. newsletter@nynafg.com	<u>SpanishContact</u> Cira B. Spanish@nynafg.com
<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. Delegate49@nynafg.com	<u>Panel 46 Past Delegate</u> Robert C. Delegate46@nynafg.com	<u>Panel 43 Past Delegate</u> Connie D. Delegate43@nynafg.com
<u>Panel 40 Past Delegate</u> Anne F. Delegate40@nynafg.com <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. Delegate37@nynafg.com <u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased) <u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



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Make checks payable and mail to: NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

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