

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

Inside This Issue

Topic: *Problem solving*

Table of Contents:

- 1 Area Delegate
- 2 Area Delegate cont'd
- 3 Newsletter Editor
- 3 Chairperson
- Al-anon Area Process Person
- 4 Public Outreach Coord.
- District 17 One Day of Al-anon flyer
- 5 Literature Coordinator
- Area Group Coordinator
- 6 Treasurer's Report
- 7 Archives Coordinator
- Convention Coordinator
- 8 NYN 2018 Fall Assembly Registration
- 9 NYN 2018 Fall Assembly flyer
- 10 NYN 2018 Fall Assembly Gift card
- 11 Contacts
- 12 Mailing/Subscription

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

Northern Hi Lights

Al-Anon News from New York North Area

Area Delegate Panel 58

What a summer it was! Mine was filled with Family of origin with a weekend reunion in NY State Southern Tier with over 130 attending from as far as Texas and Florida. And one with My Family of Choice – the Al-Anon Family in Baltimore at the International. My family came literally from all over the world – USA, Canada, New Zealand, South Africa, Sweden, Denmark and elsewhere.

I have few words to describe the feelings of being "safe at home" in a strange city for a weekend with 4,000 people from literally all over the world. I loved each workshop and meeting I attended. I brought back some great memories and a longer list of new friends. To be sober, dancing and laughing and learning with so many people of all ages is a wondrous joyous thing. I am already making plans to attend the 2023 International in Albuquerque and going for the whole week. I hope you can come too.

(cont'd 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 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

Submissions for October Northern Hi Lights

Due by: September 15
Topic: Using Meditation

Chairperson

Dear NYN Friends,

Well by the time this edition of the newsletter is available summer will be over! I can't believe how quickly the year has gone by so far. The passing of summer means that the Fall Assembly is just around the corner.

This year the Fall Assembly will be held September 21- 23. It will be at the Comfort Inn & Suites, 6701 Buckley Rd, North Syracuse 13212. While the Fall Assembly can be a weekend event the nice thing about it is that you only have to commit to one day. Saturday is the Assembly so if you can't commit to a full weekend try to make it for the Assembly itself. We will start at 9:30 and should be done around 4:00.

Among other topics and issues the Assembly will be voting on the 2019 budget for NYN, filling the vacancy for Alternate Delegate/Forum Coordinator, revised Alateen Guidelines and liability insurance for NYN. Please make sure your meeting has a voice in these decisions. The full agenda will be posted on the NYN website at least 2 weeks prior to the Assembly.

This month's theme is problem-solving. I have to admit that prior to my coming to Al-Anon my problem-solving skills were nonexistent. I tried to solve every problem by bullying my way through it. While on occasion I might stumble my way to a solution more times than not I just made a bigger mess of things.

With the help of Al-Anon, particularly through my involvement in Service, I have learned that problem-solving is not bullying my way to the answer. That I

need to step back and look at the whole situation, that I need to gather as much information as I can. I have learned to talk to those who have been in the same position before. To find out what they did, what they felt, and what happened.

There are two things I really try to keep in mind; 1. Is to slow down. An answer will come and I don't need to try and force it. 2. That I don't have to find the answer alone. That I can talk to others and reason things out with the help of others.

Finally I have learned that there is nothing wrong with saying I don't know. I used to think I had to have all the answers. I know now I don't have and never will have all the answers but with the help of others I might find them.

Gratefully in Service,

Ruth S.



Al-Anon Area Process Person

It is hard to believe that the summer has passed. The change of season is upon us. There are some new numbers to share. Our number of Alateen groups has increased from 29 to 31. Of those registered groups, 18 are listed as active. Last year, NYN had 86 AMIAS's. We currently have 81 certified AMIAS's, Al-Anon members in Alateen service.

New guidelines for Alateen were developed during the past year. They require that any District Representative, who has active Alateen groups in the district, must also be an AMIAS. At this point, there are 11 districts where this is not the case. The forms for becoming an AMIAS are in the mail to those who need them. If there are questions about this requirement, please contact me by phone or email. (315) 559-4792 or 0604mbg@gmail.com.

Problem solving is an excellent example of how Al-Anon works in my life. Before I came into the room, I tackled things head on without input unless it was required. I considered most tasks to be a problem. My ego was in charge. I imagined that all solutions depended on me. What I discovered is that I often created problems for myself and sometimes others.

When I "Let go and let God," solutions that I never considered materialized. I stop trying to manage others and outcomes. I have peace of mind. Al-Anon teaches me a much saner way to live.

Yours in service,

Mary Beth G.

Public Outreach Coordinator

Hello NYN Family!

Where did summer go? I am really looking forward to seeing many of you at the Fall Assembly. This month is **Recovery Month**. How are you sharing your program of recovery? Share **Al-Anon Faces Alcoholism** with doctors, counselors, clergy, or anyone in professions that connect with families still suffering from this disease.

There is a relaunch campaign for **Public Service Announcements (PSAs)**. At an Assembly, we were asked why PSAs didn't use men in filming. Check out "Jack", a father who is concerned with his son's problem and goes to Al-Anon meetings. Go to the WSO website, click on members, click on Public Outreach, click on outreach to public/media and click on highlighted PSAs.

Sadly, in 2017, only two TV stations in **New York State** and sixteen Radio stations played a PSA. I have a distribution list for 2018. Let's try again to reach out to stations to play PSAs and to thank them if they do. Vestal was the only place in our Area that played a TV PSA last year. I can email lists to anyone interested in this project and a "how to" from WSO. If there is a station that isn't on the list, WSO gives simple directions and the will send the appropriate material. **Let me**

know if you are interested. This is Public Outreach you can do from home!

I hope you volunteered to help at the State Fair. Please share with us your experience there. It might help someone to move out of his/her comfort zone next year and help others while you help yourself to grow.

Problem-solving used to be an inside job for me. Don't let others know that you have no idea what you are supposed to be doing. Smile on the outside and struggle desperately inside. It took me many of those lonely struggles before I learned, if I ask for help, I will get it! We learn from our mistakes and we learn from each other's experience, strength and hope. This is a safe place to practice this. I am very grateful that I took the leap of faith to try service, ask for help and accept it. Try it, you might find you like it!

Together we can make it,

Connie D.

From Fear To Trust

NYNAFG District 17

48th Annual

One Day of Al-Anon

October 13, 2018

United Presbyterian Church
186 Main Street, Randolph, NY

Registration 8:30am - 8:55am

9:00am - 10:00am.Newcomer Panel
10:00am - 11:00am. Longtimer Panel
11:00am - 12 noon. AA Panel
Lunch. Bring a dish to pass
1:00pm - 2:00pm. Double Winner Panel

Main Speaker. 2:00pm



Suggested Donation \$4.00
Group Basket Raffle
50/50 Raffle

Literature Coordinator

As newsletter editor I need to apologize to Mike for not getting his article in the newsletter last month. Thus, two wonderful articles from Mike our Literature Coordinator. Pat H.

August article

I apologize for missing the deadline for last month's issue of the newsletter. I was definitely not exhibiting perfection by missing the boat for June. I could blame it on the busy nature of planning for the Spring Assembly in Lake Placid, but there are no excuses that would work in the end. Once again, I am sorry.

Since the Spring Assembly in May, I have been occupied with wrapping up the business of the event and writing the final report for the Convention Coordinator. From my perspective as Co-Chairperson, I thought the weekend was beneficial and worthwhile for everyone who attended. Thanks to the wonderful team that Linda and I worked with, it was smooth sailing all the way.

My role as Literature Coordinator has kept me busy as well. I contributed a submittal to AFG Connects on the use of apps for purchasing materials at Al-Anon events. I also participated in several dialogues on pertinent topics from the website. My district has also been busy ordering the new manual and other materials on intimacy and grandparent involvement in the program.

This month's issue is on Patience. I had a retired colleague of mine whose favorite saying was "Be patient. Don't be a patient!" That was my problem before I came into the program. I wanted things done yesterday, and there was no reason why things could not operate according to my timeline.

Once I learned patience in Al-Anon, I came to the realization that "in God's time" is exactly the way to go. I have to take things one day at a time and come to understand that things happen for a reason and when they happen is beyond my control.

I hope everyone has a glorious summer and I will see you soon!

I hope everyone in the program has had a relaxing and productive summer. I have had the opportunity to participate in a number of discussions on AFG Connects as well as doing some reading of the new works for Al-Anon. They are proving to be a helpful process for me learning to understand how life works if you work the

program and let go and let God take care of the details.

This month's issue is on Problem-Solving. Having spent the last thirty-five years in the classroom, I have encountered this situation quite a few times over the years. With the program of Al-Anon as my main tool, I see how cooperation and mutuality goes a long way. I see the process in a different light now, and I know that I am never alone. I can solve any problem and overcome any obstacle with my friends and family by my side.

I look forward to seeing everyone in Syracuse at the Fall Assembly.

Best wishes and love always,

Mike R.

Area Group Coordinator

Before I came to Al-Anon there was only one way to solve a problem.

Run it through the hamster wheel of my mind and come up with a solution as quickly as possible.

I have since learned that Al-Anon offers many suggestions to help in my problem solving.

KBDM is one way I find particularly helpful...this is Knowledge Based Decision Making...it is helpful in Service settings as well as in daily life.

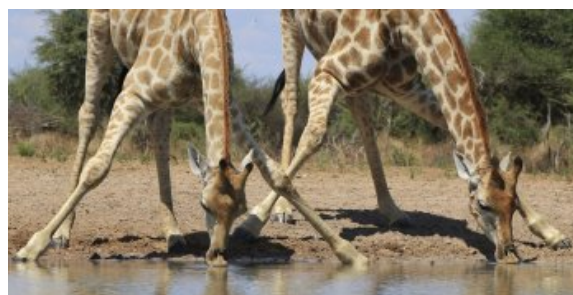
I can give myself the gift of TIME to step back, discover what choices exist and I do not have to arrive at an answer until I feel comfortable with a decision. (Few decisions require an immediate answer)

Sharing and discussing difficult problems with my Al-Anon friends and with groups that I attend help to broaden my outlook and give me more choices than I could ever come up with on my own.

Problems in life will never go away, but at least now I have tools to help me keep a rational outlook.

Patti M

Treasurer's Report



June 2018 Financials		
Receipts	Group #	
????	27134	\$30.00
Hope for Today Bloomfield	502565	\$10.00
Paths to Recovery	30518677	\$50.00
High Peaks Resort Misc - Refund		\$146.02
New Day Adult Children	33001	\$50.00
Queensbury	9765	\$30.00
Progress not Perfection	30606210	\$122.00
Serenity at Noon Fairport Area	???	\$15.00
Canandaigua Monday Noon	0024271	\$50.00
District 22	Dist 22	\$50.00
Weekend 9 AM AFG	032895	\$100.00
Monday Sunshine Pittsford Area	????	\$25.00
Thursday Hope Lockport Area	????	\$20.00
Group 30582963	30582963	\$50.00
Courage to Change Monday	63806	\$25.00
Thursday Hope Lockport Area	???	\$10.00
Al-Anon Keep It Simple	06696	\$15.00
Sunday Night ACOA	30660903	\$45.00
Roommate share of Rooms for Spring Assembly		\$1,300.25
Return of AAPP Coordinator Spring Reg		\$50.00
Northern Hi-Lights		\$7.50
Total		\$2,200.77
No Expenses for June 2018		\$0.00

July 2018 Financials		
Receipts	Group #	
Live and Let Live	30516146	\$20.00
Serenity Seekers	30576552	\$25.00
Friday Night Halfmoon AFG	009618	\$15.00
Orchard Park AFG	010165	\$25.00
Hamlin Sunday	9783	\$20.00
Penn Yan AFG	???	\$100.00
Calm In the Storm AFG	30503839	\$30.00
Al-Anon Keep It Simple	066096	\$15.00
Women's 12 &12	066032	\$50.00
AFG Friday	9828	\$30.00
Wed Lunch Bunch Downtown Buffalo	9636	\$10.00
Binghamton Area	9612	\$15.00
Concord Al-Anon	62569	\$31.00
Faith & Hope Group	030375	\$11.00
Rochester Area	27134	\$15.00
Serenity Seekers	501783	\$10.00
Webster Monday Night	????	\$25.00
District 10	Dist 10	\$100.00
Northern Hi-Lights		\$17.50
Total		\$564.50
No Expenses for July 2018		\$0.00

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

Archives Coordinator

Hello NYNorth,
Problem Solving.

I feel what I perceive to be a problem, in reality, can sometimes itself be an obstacle. I have such a fear of failure, most obstacles become very challenging and sometimes (most times) I use avoidance or procrastination, in an attempt to avoid failure.

I am so thankful for Al-Anon's tools and the guidance from the fellowship; I have come such a long way, having experienced, survived and then thrived using these tools to work through problems.

I know that progress is at my pace, even if I make mistakes (which I do) I am able to now see the truth to the problems my mind is creating and gently walk my way through most obstacles. Though I may not be able to solve all problems, the tools I use make it possible for me to continue my journey and live a happy and fulfilled life regardless. Archives seemed like a great way to continue my growth and learning in recovery. Some obstacles I am seeing are time, and the lack of it. I also feel the need for researching how other area Archives have memorialized and preserved their records. I am learning the ropes and am so thankful that this is a three year gig....

Your friend in service,

Susan J.

Convention Coordinator

Hey NYN members,

Here are the upcoming conventions and host Districts.

- Fall 2018 District 15 - September 21-23, 2018, Comfort Inn and Suites, North Syracuse
- Spring 2019 Districts 29 & 25 - May 17-19, 2019, Rochester, New York
- Fall 2019 District 21 - Comfort Inn and Suites, North Syracuse
- Spring 2020 Districts 22&8

I have been looking at ways to capture important information about a convention to better help future Chairs. I created a single sheet summary to hopefully start using to gather pertinent information. Also collecting hotel contracts. SOOOOO when your district decides to host a convention, I will have lots of information to help you get started. You will not be doing it alone.

Spring Convention/Assembly is typically held in the host District or nearby. Fall Assembly is held in the Syracuse area. If you are interested in hosting a Spring or Fall Convention or have any questions about it, just send an email and I will be happy to share my ESH (experience, strength and hope) on it.

As I was thinking about this month's topic "Problem-Solving," I thought about it in terms of myself, helping YOU, and in a group situation. Before recovery, I did not need any help (I could do it all myself), I could solve all your problems, and certainly knew what was best for my group of friends and family. You know, I was "helping." My way was the best and when you didn't do it my way, there may have been some passive-aggressiveness.

As I worked my recovery (meeting, steps, sponsorship, service), I saw that my solving your problems, was all about perceived rescuing and keeping the focus on someone else. Today I have learned to just listen when someone is sharing their problems. They don't need my unsolicited advice or help. I can offer my support and let them ask for what they need. When I have an issue, I am learning to ask for help. I share with those close to me and ask how they see it. It is shocking the solutions that come, that I would not have thought of on my own. In a group situation I have learned that my way may not necessarily be the best way (I know, really hard to believe). We all have a say and again with multiple people sharing their thoughts on a problem, amazing how the right solution for the group materializes. Me stepping out of the way, lets my HP (Higher Power) come into the problem-solving process and helps keep me in my serenity.

Yours in Service, **Kevin M.**



"Growing the Circle of Service"

**NEW YORK NORTH AL-ANON FAMILY GROUPS
2018 FALL ASSEMBLY**

September 21 - 23, 2018

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

Hosted by District 15

SCHEDULE OF MEETINGS & EVENTS

FRIDAY, SEPTEMBER 21

3pm-9pm Registration
7:30 pm "Growing the Circle of Service"

SATURDAY, SEPTEMBER 22

7:30am - 1:00 pm Registration
8 am AWSC Meeting
8 am New GR Meeting
9:30 am Assembly Morning Session
12 pm Lunch on your own
1 pm Assembly Afternoon Session
6:30 pm Buffet Banquet
8 pm Keynote Al-Anon Speaker
9 pm "Hugs for Healing"

SUNDAY, SEPTEMBER 23

8 am Alateen Interest Meeting
9:30 am Spirituality Panel

HOTEL RESERVATIONS

ROOM RESERVATION DEADLINE: August 17, 2018

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 \$2 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 1/4 mile down on the left.

ASSEMBLY AND BANQUET REGISTRATION FORM - Please Register by August 24, 2018

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: _____
Email: _____

PLEASE MAKE CHECKS PAYABLE TO:
"NYN 2018 Fall Assembly"
Mail registration form and payment to:
NYN 2018 Fall Assembly

PO Box 15591
Syracuse, NY 13215

AL-ANON REGISTRATION (\$20 BY August 24 OR \$25 after August 24 AND AT THE DOOR) _____
ALATEEN REGISTRATION (\$12) _____
SATURDAY EVENING BANQUET (\$26) _____
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 Lilie W.

More information available at www.nynafg.com

ALATEENS MUST HAVE ADULT SUPERVISION AND NOTARIZED PARENTAL PERMISSION SLIPS AND MEDICAL RELEASE FORMS.



"Growing the Circle of Service"

**NEW YORK NORTH
AL-ANON FAMILY GROUPS
2018 FALL ASSEMBLY**

September 21-23, 2018

Comfort Inn and Suites

6701 Buckley Road, North Syracuse, NY 13212

Hosted by District 15

The courtesy room rate is \$107.35 (tax included) per night
for single, double, triple, or quad occupancy.

Suites are \$134.47 per night (tax included).

Room reservations must be made by **August 17, 2018**

Assembly registration deadline is

August 24, 2018.

For more information, please contact Cathy W.



"Growing the Circle of Service"

Enter for your chance to win a
\$250 gift card

Just in time for the holidays or to pamper yourself!

Drawing will take place on

Saturday, September 22, 2018

You don't have to be present to win.

All proceeds from this raffle to go to NYN AFG.

Tickets will be sold at the

2018 Fall Assembly

For more information about tickets contact

Deb M.

Cathy W.

Do you know whom to contact with an Al-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> Molly C. delegate@nynafg.com	<u>Alternate Delegate</u> altdelegate@nynafg.com	<u>Immed.Past Delegate</u> Diane C. ipd@nynafg.com	<u>Chairperson</u> Ruth S. chairperson@nynafg.com
<u>Treasurer</u> Pam A. treasurer@nynafg.com	<u>Alateen</u> Sandy A. alateen@nynafg.com	<u>Secretary</u> Kathleen M. secretary@nynafg.com	<u>Convention</u> Kevin M. convention@nynafg.com
<u>Group Records</u> Patti M. records@nynafg.com	<u>Literature</u> Michael R. lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>Public Outreach</u> Connie D. po@nynafg.com
<u>Presentation</u> Danae K. presentation@nynafg.com	<u>Web Coordinator</u> Nancy P. web@nynafg.com	<u>Newsletter</u> Pat H. newsletter@nynafg.com	<u>Alateen AMIAS</u> Mary Beth G. amias@nynafg.com
<u>Archives</u> Susan J. archives@nynafg.com	<u>Panel 52 Past Delegate</u> Ruth S. Delegate52@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. Delegate49@nynafg.com	<u>Panel 46 Past Delegate</u> Robert M. 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 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. mgregory@roadrunner.com <u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com <u>Panel 4 Past Delegate</u> Helen S.

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

Rev. Sept 2018

Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212