



**Unity Through the Traditions
Service Through the Concepts**

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Topic: Meditation

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Newsletter Editor Pat H.
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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

Meditation is awareness in many forms. Being in program and listening to my Higher Power has guided me to many modalities of meditation. I used to think it was something that could only be achieved sitting alone with incense, eyes closed, and soft meditation music playing in the background. While there are certain insights for me to be gained in this space as a new mom this “perfect” setting isn’t a current reality for me. More often these days, the meditation is being fully present with what is happening with my little one, the environment, and what is taking place in my inner landscape. That deep listening can allow all sorts of things to bubble to the surface. I’ve spent much time delving into the impacts of growing up struggling with another person’s drinking and other related family of origin dynamics. If left unexamined, I am to act on those coping mechanisms with my current family in what I have cultivated over the years. In contemplation I can become aware of fear based thinking and conditioning and pure survival that permeated most of my life. I am grateful for the journey that allows for listening and stillness even amidst the chaos.

Emily K.

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

For more information visit the following websites:

New York North: www.nynafg.com WSO:
www.al-anon.alateen.org

Chairperson

Once again, like a flash, summer is almost over and it's time to get ready for Fall. I am happy to report that the Finance and Website Committees and the Thought Force for Reviewing the Assembly Format are all actively engaged and have met at least once, and the Thought Force on Electronic Meetings is scheduled to meet in early September. We held a watch party in July to view the 70th Anniversary Virtual Celebration hosted by the WSO. It required some last-minute technical wizardry but with some help we were able to make it happen. Thank you to Ellen V, Mike R, my son, and everyone who helped get the word out and make it a successful event. We held our summer AWSC meeting virtually in August and we are now preparing for the Fall Assembly and still looking for someone to stand as Newsletter Editor.

As I sit down to work on my long list of things to do to get ready for the Fall Assembly, I find that if I take a minute to clear my mind and bring myself into the present moment and align myself with my Higher Power, I can meditate through my work. It is a form of meditation where I am guided by and aware of my Higher Power through my present moment experiences whatever they are, sitting quietly, taking a walk in the forest, doing dishes, making dinner, bathing my dog, or writing emails and newsletter articles. As I have learned how to live in the moment, my life no longer feels like a chore, it feels purposeful.

Gratefully growing through service,

Carol C.



Newsletter Editor

Meditation - the ability to focus one's thought on a particular object, thought, activity or reflection. Focus is the key to meditation, not "zoning out" .

In our very busy lives we need to take time to focus on what is important in our lives and how we can take care of ourselves. There is a saying I heard many years ago that I like very much and that is: Prayer is talking to God and Meditation is listening to God.

Enjoy what is left of the summer and see you at Assembly in September.

In service,
Pat H.

AAPP

MEDITATION

WHAT? Meditation? That was foreign to me, 'can't do it', 'don't have time', 'can't concentrate'. Something I couldn't consider in my daily activities. Meditation helps bring calmness and then you can focus.

Well, long ago, I was in a therapeutic touch program and was amazed by my success with the process. Then, I personally used visualization to relieve my discomforts associated with chemo treatments and again success.

So why did meditation seem not as comfortable? Well, with guidance, it happened even for this restless being. You see therapeutic touch was doing something for someone else and I was in control of how well I could focus on the client. The visualization was done when I went to bed.

So, now I focus on my ODAT reading every morning and do a short meditation to clear my brain and then hope to remember what I read. Meditation actually helps balance me and allows me to choose any of the AI-Anon tools such as the slogans, serenity prayer, steps, traditions, concepts, or any other tool that I can apply to my daily living.

Well, I have to let you know that you can meditate in many ways and it is possible to slowly learn a meditation process.

Mary D.

Presentation Coordinator

Meditation

This is a difficult topic for me. I do not practice formal religious prayer nor do I meditate. Admitting this made me feel guilty and different, just as I had in my childhood.

It took me a long time in AI-Anon to come to believe in a Higher Power and an even longer time to realize that I could communicate with my Higher Power at any time in any way I wanted to. I am always grateful when I hear "take what you like and leave the rest."

Patti M.



Alateen Coordinator

It took me a while to appreciate the pause that meditation gives me. I needed to figure out how, and where meditation would fit into my life. I had to be patient with myself, and let go of my limited perception of what meditation should look like, and let God. I listened to the experiences of the members of my home group to help open my mind to different ways to meditate.

Meditation is a way for me to stop running on autopilot. I find peacefulness and prepare myself to connect and listen to my Higher Power's guidance. I can meditate while watching the waves of Lake Erie, sitting by a campfire, or writing in my journal. My negativity and stress washes away, goes up in smoke, and flows out of me through the ink in my pen. I can also meditate while snuggling under my favorite lavender afghan. A calmness comes over me when I am surrounded by the love that went into every stitch in making the blanket for me. As the busy days of Autumn are upon me, making time for meditation is an important part of self care. Just reading a page out of one of our daily readers at any time during my day gives me a chance to reset my mind to more positive thoughts.

The next Alateen Interest Meeting will be on Sunday, September 19, 2021 at 9:00am during the Fall Assembly weekend. Everyone is welcome to join us and find out about service in Alateen. Additional monthly meetings will be posted on the Events Calendar on the New York North website.

Together We Can Make It

Mary S.

Group Records

MEDITATION

I have read many instructions on how to meditate, what it should look and feel like and where the ideal setting is to get the fullest benefits from the "feeling." When I tried these suggestions, I felt my meditation was rehearsed, was planned and I had to follow a certain menu to relieve myself of my insanities.

I tried and tried to practice meditation. Since I say prayers every day, I thought I'd add meditation to my prayer time, instead of making a date with my mind for peace and serenity. This failed. Relax I told myself. I am trying too hard to get an A in meditation. One day while gardening, a certain peace came over me. I began talking to myself and zooming in on what was bothering me. A family problem was consuming me. I knew I had

no control over my children, their jobs, their families and their lives, period! What started out as dirt pounding due to frustration, grew into a gentle tilling of my soil. I felt a calmness come over me. My shoulders relaxed, my mind cleared, and I felt sane again. For me this was my definition of meditation. I felt it (relaxation), I smelled it (the flowers) and I heard it (the birds and breeze). I followed my own intuitions and succeeded.

Peace my friends

Joan L.

Archives Coordinator

Hello to my fellow Al-Anon Trusted Servants and Members,

I am happy to report that the new Capital District Al-Anon Website is now up and running:

<https://www.al-anon-8ny.org/>

Please hop on when you have a moment and feel free to fill out our Feedback form if you have any comments, suggestions, etc. It was a huge undertaking, and our Website Committee worked many months on it. Now that it is published on the Web, I hope to be able to follow-up with the kind trusted servants who contacted me with Archives comments, suggestions, etc.

On the topic of "Meditation", I would like to offer that this is something I have struggled with since I became an Al-Anon member in the last millennium. Whenever I get on a roll with doing some type of meditation, something always seems to throw me out of that routine and then I am back to Square One. What I am currently doing now is trying to work in meditation either before or after my daily workout. I also have a book where I record my workouts, and I have added a "Meditation" column for me to check off. In addition to meditation being a critical part of Step 11, I have read of its health benefits, and I certainly feel more serene when I am actively practicing sitting quietly and/or following a guided meditation. If anyone has any experience, strength and hope with their meditation practice, I am all ears. Thanks.

Respectfully submitted,

Maria S.

Public Outreach

Hello My NYN Family of Choice,

I haven't had any calls this month so far but I donated some of the leftover State Fair Materials to the Jonesville United Methodist Church for their recovery Center. Please notify with any Public Outreach projects your groups, districts or AIS's are working on so we can use this newsletter to help stir up ideas for others to attempt if your project was successful or stay away from if it didn't work out so well. Let's be pro-active in getting the message of Al-Anon out to people who need our fellowship.

Our topic this month is Meditation. Meditation was one of those subjects that I glossed over when I first came into Al-Anon. I didn't know how to do it. I couldn't imagine quieting my mind enough to do it for any length of time once I had been in the program for a period of time. I treated it as one of those things that I "took what I liked and left the rest." When I first started practicing meditation it was all about me and my crazy hamsters and the wheel they were running on. It took me a while but I realized that meditation wasn't about doing anything except listening. I eventually learned to get into a comfortable position and just sit there. At first it was difficult but the more I practiced it, it became a way for my Higher Power to communicate with me. That is when amazing things began to happen. My mind became clearer and I heard ideas that were truly not from myself. Just today a troubling situation came up and it has been eating at me but I know I can go meditate and get a better perspective from just listening.

Thanks for allowing me to be of Service

Lynn S.

NYNAC

This year's NYNAC theme is MASK (Making All Steps Known). We have some pretty creative youngsters! I have seen the artwork, and it is great!

We had high hopes of having an In-person NYNAC at Casowasco this year. Unfortunately, things are not looking too hopeful for an in-person NYNAC again this year. COVID cases are spiking, and the more dangerous and transmissible Delta variant is growing at a fast pace. Several areas on NYS have now been declared hotspots. So far I have received attendance numbers from only four Alateen groups, and the numbers do not even meet our minimum of 25. This means scholarships would be around \$170 each. I have

heard from one group that they will not be going at all, and from one sponsor who will not be attending because of risk of exposure to COVID. I have to respect that assessment from that sponsor. I have not heard one way or the other from any other groups. We will do our best to put a virtual NYNAC program together if we cannot meet in person. We will still go ahead with t-shirts for a virtual NYNAC. Anyone who would like a shirt would be expected to pay for the shirt plus postage.

There's Always Tomorrow Alateen is still moving forward with fundraising for NYNAC. They have decided to use any funds raised to help all other attendees as much as they can with the money they raise. They are doing a Serenity Prayer afghan raffle. The drawing will be September 12th, whether in-person or virtual. Please call me at 315-391-0089 for information.

Leslie C..

Editor's note: Mike has submitted two articles for September and after reading them I am leaving them the way they are. Great work Mike and thanks for sharing.

E-Meeting Host

The last few months have certainly been interesting when it comes to weather patterns and COVID-19. The good news is that there are now five meetings up and running again in our district. I cannot express the elation I feel when attending a meeting in person and seeing the smiling faces of our Al-Anon family once again sitting across the table from us. While we still have some hybrid meetings taking place, it feels good to be able to be together once again in the rooms of Al-Anon. I hope you are getting to experience the same sensations in person as we are in our district.

This month's topic is about Meditation. Prior to entering the rooms of Al-Anon, I had a difficult time focusing on anything besides my son's alcoholism and drug addiction. Finding a method to clear my mind and sort out the mental mayhem was beyond me. I was fixated on that problem, and it was the be-all and the end-all of my existence until I found recovery.

Eleven years later, I know that meditation works. I use my quiet time to empty my mind of stinking thinking and find my serenity through the daily readings, the prayers, and the meditation that I share with my Higher Power. He gives me the answers I need to my problems; the trials and tribulations I faced alone are now replaced with triumphs and successes that we

accomplish together. I also share my experience, strength, and hope in my attendance at meetings and in my contributions to AFG Connects and my personal writings that have yielded nine books in nine years.

I am eternally grateful to the program of Al-Anon, and I look forward to paying it forward at every available opportunity.

With love and appreciation,

Mike R.

The summer heat and high temperatures arrived earlier than usual this year, so I hope everyone is coping with the circumstances and remaining in good spirits. It is so good to hear of meetings reopening in our district, although some groups have chosen to remain closed for the foreseeable future. Hybrid meetings are becoming more of a standard than in the past, so all of us are going with the flow and doing what we can to stay in touch with old and new acquaintances in the program.

This month's topic is Meditation. I have to think about that for moment, since meditation was never high on my priority list before entering the rooms of Al-Anon. I had heard of the concept, and I had attended some workshops and seminars on mindfulness, but I have to confess that I had as much success with meditation as I did with flossing in between trips to the dentist...out of sight and out of mind was the order of the day at that time.

Now that I have enjoyed more than ten years in the program, I have embraced the concept of meditation with open arms. I have set aside a specific time of the day when I can embrace my Higher Power and spend a chunk of my day in a period of quiet reflection and contemplation. I devote a good portion of my week to a spiritual time where I can talk to Him and seek advice or consolation when I need it. That was a foreign concept to me until I learned to incorporate meditation into my daily routine, along with the daily readings, attendance at meetings, and doing service at various levels.

In the days ahead, stay cool and keep a level head when the temperatures are rising and difficult times threaten your serenity. Know that you are never alone, and Al-Anon will always provide you with a sense of calm and community. Thank you to everyone for their love and support in the program.

With gratitude and appreciation,

Mike R.

Below are many of the Al-Anon abbreviations that you may come across and wonder what they mean.

Al-Anon Abbreviations

AAPP	Area Alateen Process Person
AFG	Al-Anon/Alateen Family Groups
AIS	Al-Anon Information Service
AMIAS	Al-Anon Member Involved in Alateen Service
AWSC	Area World Service Committee
CAL	Conference Approved Literature
CMA	Current Mailing Address
DR	District Representative
GR	Group Representative
ISR	Information Service Representative
KBDM	Knowledge Based Decision Making
LDC	Literature Distribution Center
NORTHERN HI LIGHTS	NYN Newsletter
NYN	New York North
NYNAC	New York North Alateen Conference
PO/CPC	Public Outreach/Cooperating with the Professional community
TEAM	Together Empowering Al-Anon Members
WSC	World Service Conference
WSO	World Service Office
NERD	North East Regional Delegates
ESH	Experience, Strength and Hope

LABOR DAY



Treasurer's Report

for August, 2021

I am amazed by the number of groups who are still sending donations to NYN Area Assembly, one by making the check out to me at my home address, another sending two cash donations, and another making the check out to cash. A sermon does not follow, so relax.

Meditation is a good topic, although I don't practice it often, or seem to need it much in the past. When I needed it, I could usually lie back, concentrate on my breathing, and fall asleep. Lately what I have been doing instead is praying. I find it impossible to worry and pray, so another tool in my toolbox.

Inflows since the last newsletter are;

Oneonta AFG	\$25
Works in Progress#47322	\$25
Bayberry#10328	\$75
Circle of Hope#5480	\$64.23
Return of Spr. Assy. Funds	\$613.71
We Aren't Alone	\$128.86
Wed. Morn Steps #9612	\$30
Newsletter	\$27.50
Faith & Hope#30375	\$10
Exp. Str. & Hope#	\$50
Live & Let Live#503200	\$80
Thurs AM L&L#30516146	\$10
Madison/Irving#45551	\$35
Oneonta#10163	\$10
Cortland #09696	\$50
Twin Cities#10142	\$25
Courage To C.#63806	\$25
Caring & Sharing#9763	\$45
Peterboro#10188	\$56
Subscription	\$11
Cortland 12&12#65730	\$60
Steps To Serenity#	\$25
Keep it Simple#66096	\$45
Amherst Friday #9710	\$40
Thursday Hope #?	\$25
Wed, Halfmoon #30669070	\$25
Sun. Clifton Park #30702163	\$15
Simple Beginnings #44964	\$50
? RE 1809000? Saratoga Spr?	\$25
New to Seren. Sun.	\$60
AFG Friday #9828	\$30
? #30691441	\$63.34
District 9	\$40
Total intake:	<u>\$1899.64</u>

Outflows;

Newsletter print & mail (John O.)	\$48
Mary D (AAPP)	\$114.60
Total expenditures:	<u>\$162.60</u>

John O.

AI-Anon Healing Hearts
 Beginners Meeting
 Saturdays
 Zoom meeting
 11:30 am- 12:30 pm
 Meeting ID
 871 642 2878 pc 12
 Questions? Call
 AIS Rochester
 585-288-0540



Don't forget Fall Assembly

Sign Up Now!

SAVE THE DATE!!!

2021 NEW YORK NORTH AREA FALL ASSEMBLY

September 17, 18, and 19, 2021

"70 Years of Hope and Help 1951-2021"

Brought to you on Zoom!!!

HOSTED BY DISTRICTS 10 & 18



THURSDAY, SEPTEMBER 16, 2021

7:00 pm New GR meeting and Zoom Training Session

FRIDAY, SEPTEMBER 17, 2021

6:30 pm - 7:15 pm Virtual Icebreaker Hosted by District 10

7:30 pm - 8:30 pm VIRTUAL A.W.S.C. Meeting (Carol C. NYN Chairperson)

SATURDAY, SEPTEMBER 18, 2021

8:00 am - 9:00 am VIRTUAL NEW G.R. MEETING (Molly C. Immediate Past Delegate)

9:00 am - 12:00 pm VIRTUAL ASSEMBLY MORNING SESSION (Carol C.)

12:00 pm - 1:00 pm LUNCH BREAK

1:00 pm - 4:00 pm VIRTUAL ASSEMBLY AFTERNOON SESSION (Carol C.)

SUNDAY, SEPTEMBER 19, 2021

9:00 am - 10:00 am VIRTUAL ALATEEN INTEREST MEETING (A.I.M) (Mary S.)

10:00 am - 11:00 am VIRTUAL SPIRITUAL PANEL (A.A., Al-Anon, and Alateen speakers)

All members are welcome to register online for these Zoom meetings at www.nynafg.com

and are encouraged to attend all our special events!!



NORTHERN HI LIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Hi Lights but in keeping with the Seventh Tradition of being self-supporting **a donation of \$10 per year for a paper copy is suggested** to help pay production costs.

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There is no cost for an electronic copy.

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For address changes or updates

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Or e-mail: records@nynafg.com

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Unless this is a personal subscription, this copy belongs to your group.
Please share it with them, and make each issue available at your meeting.
To insure anonymity, tear off this part before leaving it with your group.

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<u>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.

PANEL 61 2021-2023

**Submissions for
October**

Northern Hi Lights

Due by: September 15

Topic: **Thankfulness**

**SENDING DONATIONS TO
NYN**

*Please send by check or money order.
DO NOT SEND CASH!!*

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PO Box 64176, Rochester, NY 14624

*Please include group's registered
name and Group's ID Number*

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