



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

Northern Hi Lights

Al-Anon News from New York North Area

Thoughts From Our Area Chair:

Hello NYN,

The topic of the month is Surrender. Surrender is defined as: "to relinquish control, voluntary concession, to give the control or use of (something) to someone else." I had an experience this week that I believe was truly surrendering. I have been praying and asking for guidance every day for weeks on how to move forward in a particular situation. I prayed each day for the strength to move forward and get beyond how I was feeling about what was going on. I asked my higher power every day to help me not to express my opinion and to be able to just be quiet. Every morning I asked my higher power for the strength to be able to get thru the day. I finally realized that I reached my breaking point and hit bottom. In addition to the struggles I was having with the "Situation," I was worried about writing my article on a topic I didn't have a lot of experience with, Surrender. I was truly exhausted from constantly worrying about both. As I lay in bed that night saying my prayers I had a brainstorm.....Yeah right, my brainstorm. That's what I thought at the time, but as I write this article I know my Higher Power was sending me the message and I was finally hearing it. It struck me to just finally try to surrender. Ok Higher Power, I SURRENDER. I can't do this alone and I'm not able to interpret the messages you are sending me. I'm SURRENDERING; I relinquish control of this entire situation to you. Do what you have to, step in and take over. I continued to ponder what to do and what would happen until I fell asleep. I awoke the next day and started the day as I do each day. Then I realized I felt freshness and a feeling that it all would be okay. The same things unfolded that day as they

Inside This Issue

Topic: Surrender

- 1 Thoughts From Our Area Chair
- 2 Alternate Delegate/*Forum*
Sending Donations to NYN
- 3 Area Delegate, Panel 52
- 4 Immediate Past Delegate
Literature Coordinator
- 5 Alateen Coordinator
NYNAC Coordinator
Scavenger Hunt
- 6 Web Coordinator
Convention Coordinator
- 7 Newsletter Coordinator
Archives Coordinator
- 8 Public Outreach
Secretary
Group Records
- 9 Past Delegate, Panel 43
- 10 **Calendar of Events**
- 11 Officers' and Coordinators'
Contact Information
- 12 NHL Subscription Form

Northern Hi Lights is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels in between Assemblies. It will not contain poetry or personal recovery stories. 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 and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

Email submissions by the 15th of the month prior, to: newsletter@nynafg.com

Groups are requested to pay for a subscription at \$7.50 per year. A copy is sent to the Group Representative of each group on record with the Group Records Coordinator unless we have specific instructions about a Group Mailing Address. The address label is on the back page.

For more information visit the following websites:

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

NHL Editor: Gwenne R.

Proofreaders: Stephanie R. and Connie D.

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did every day. What was different? It was my attitude. The attitude of 'I can't control this.' It will be what it is and I can't fight it anymore. I had surrendered to my Higher Power and given him the okay to help each step of the way when I needed him. Was the changed attitude because I surrendered? I truly believe it was. I put my trust in my Higher Power by relinquishing control.

Since the last newsletter, I have busy getting ready for the Fall Assembly. I prepared the agendas for the morning AWSC meeting, followed directly by the Fall Assembly. I have been communicating with the host committee as they prepare for the Fall Assembly. I have worked directly with the Finance Committee preparing the 2014 budget and reviewing the financial happenings of 2013. I also worked with Elaine and the committee working on the Assembly & Voting Procedures. It's my hope that as you read this article the Group Representatives of NYN will have implemented those procedures as a result of the voting at the Fall Assembly. It's a great document that details how we conduct Area business.

I have also been actively working with the committee/task force that was created to address "Members Involved In Service Work Who Are Unable to Effectively Fulfill the Responsibility Of The Position." We set some goals and are currently working on revising the Service Position Descriptions and implementing a service resume in preparation for the 2014 Elections. The committee feels that education and communication are instrumental in providing our trusted servants the tools they need to successfully fulfill the responsibilities of their positions. We are in the beginning stages of developing a policy to address non-performance. Look for updates from the 2013 Fall Assembly in the next newsletter.

I'd just like to remind the folks who are receiving this newsletter on behalf of your Al-Anon Family Group to share this at your meetings. Instead of just passing the newsletter around, take the time to read an article or two each week to the group during the announcement time allotted in each meeting. The Officers & Coordinators spend a lot of time and put a lot of thought into writing these articles and offer not only service updates but also ESH in recovery. Don't be afraid to invite the members in your groups to sign up to receive the electronic version of the newsletter to their personal inbox.

Together we can make it,

Pam A.

Alternate Delegate/Forum:

While working with the New York North Thought Force: "Dark & Dim Districts," I discovered that several groups that I was responsible to visit had the status from the World Service Office (WSO) as "NO MAIL." I thought I knew what this represented, but checked anyway and found that this meant a lot in relationship to why groups might not be receiving their *Forum* subscriptions. If WSO sends mail to the listed Current Mailing Address (CMA), or address listed on your GR 1 Form, and it is returned to them, TWO TIMES, your group will be placed on the "NO MAIL" Status. Your group will no longer receive any mail from WSO. I heard of several groups who had not received any mail for years, but were still meeting.

Group Representatives:

Please contact your District Representative (or your Group Records Coordinator) to check on your mail status.

WSO sends other things to groups such as e-newsletters, quarterly appeal letters and your updated *Service Manual* when it is published. You will not receive these wonderful pieces of Service tools and updated information if they do not have your correct CMA. Do not let your group miss out.

As you read this article, I will have attended the Fall Assembly in Syracuse. I gave my report to the Assembly. You can read it on the New York North Website (nynafg.com). I also gave out copies of *Forum* Sharing Sheets, Order Forms and also gave people a chance to win a Free Subscription to the *Forum*. I will announce the winner in next months article.

If you are interested in learning how to conduct a *Forum* Writing Workshop, please contact me and I will direct you to information that will help you.

In Service,

Diane C.

SENDING DONATIONS TO NEW YORK NORTH
Donations should be sent by check or money order.

DO NOT SEND CASH!!

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NYN Area Assembly

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Add Group's registered name & the Group's ID Number (Very Important)

Area Delegate, Panel 52:

Dear NYN Friends,

Well, by the time this article appears in the *Northern Hi Lights* the Fall Assembly will be over. The past few weeks have been busy getting ready for the assembly. I hope all who attended had a good time and were able to bring back a lot of information for their districts and groups.

I want to remind people about the **great service opportunity** that I spoke about in last month's *Hi Lights*. **The Literature Committee at the WSO is looking for a couple of at-large members.** Please take a moment to look at the article for all the details. If you have any questions or would like a resume form please contact me. My contact information is on the last page of this newsletter.

This month's theme is "surrender." I have been thinking about this a lot; I got out my daily readers and read every reading that had the word surrender in it. One thing that always comes up for me when I use the word surrender is acceptance. Before I can have acceptance, I must first surrender. I always think about my friend who said, "Acceptance is the key." For me, these words have been very true. Acceptance has been the key to the wonderful life that Al-Anon has allowed me to live.

When I first came into Al-Anon, I heard clearly about the "**Three Cs**: I didn't **C**ause alcoholism, I couldn't **C**ure it and I couldn't **C**ontrol it." At that time it was very easy for me to let go of the alcoholic who helped bring me to Al-Anon. This person was an alcoholic long before I had met him/her. This person found sobriety before I ever went to an Al-Anon meeting. I was surprised how easy it was to surrender this person to their Higher Power. It was actually a relief; I could step out of the way; I didn't have to try to get in there and fix anything. I thought I had this program down; I could let go with no problem.

A few years later, alcoholism was revealed by a child of mine. Even though I knew about the "Three Cs," and thought I knew all about letting go and surrendering, I was in for a big surprise! This was my child; I was the mom; I should know how to help, how to keep my child sober. I knew that my Higher Power wanted only the best for me and my child, but I felt that I was the best one to look after my child. This is where surrender came to me. I fought so hard for the first few years; you would have thought I had never been in Al-Anon. At some point, all the messages that others were giving me began to sink in. I had to surrender this child to their Higher Power (I also had to surrender myself to my Higher Power). I had to let go; I did not have the answers; I didn't know better. By surrendering to the situation and then learning to accept it, I learned to be free.

I try to start each day meditating on the Third Step. Where have I been successful at surrendering and letting go and where do I still need to work on it? I thank my Higher Power for helping me; I try to express my gratitude for both my successes and my challenges; all help me to grow.

Gratefully in Service,

Ruth S.

Deadline for submissions to the
November 2013 issue of NHL is October 15, 2013
Topic: Sponsorship

Immediate Past Delegate:

The topic for this month's issue of the *Northern Hi Lights* is surrender. The first place I went for information on this topic was the dictionary, where they define surrender as the act of yielding one's person or giving up the possession of something, especially into the power of another.

Now, I can tell you that when I arrived in the rooms of Al-Anon there was certainly no need to surrender anything to anyone. If the people in my life, especially the alcoholic, would simply march to the beat of my drum then all would surely be well and we could get on with life.

Many years later, I am here to tell you that philosophy wasn't working very well, and had I tried to continue that philosophy I would be more miserable today than when I first arrived here. So, fast forward to today and how I found a better way of life using the tools which Al-Anon provided. I also learned that there were some things I would need to surrender. You promised me that if I would do the things suggested, that my life could get better, even if the alcoholic did not find recovery.

Here are the tools of survival that Al-Anon provided me with that made my life better and continue to improve it, since I'm not yet ready to graduate from this program. I needed to start with simple things like repeating the Serenity Prayer over and over again so that I could figure out the things I could change and the things I needed to surrender. Along with the Serenity Prayer, the slogans like "Let Go and Let God," "Keep It Simple," and "Easy Does It" were easy reminders that my old ways needed changing and that was not going to happen overnight.

With sometime in the program and the help of a sponsor, I needed to begin work on the Twelve Steps. The first three steps were key to my ability to surrender my old ways and find new ways of behavior. Step One, the admitting that my life was unmanageable and that a new way was needed. Step Two, that with a belief in a Higher Power, this change would be possible and Step Three, a turning over of my will and my life to my Higher Power who would and could help me find a better way. This process took time as I examined the God of my understanding and came to understand in a new way how it was possible for this God to work in my life.

Step work continued, and when reaching the Seventh Step, I was able to begin to rid myself of some of my defects of character which had taken me to that place where a need for a program of recovery became important in my life. As I reached Step Eleven, I was now coming to a place where

maintenance of my recovery would aide me as I moved forward. Periodically, I find myself looking at this step as I examine where I am and where I'm going. Today, my reliance on the Higher Power of my understanding is key to my progress in recovery.

We learn that to continue to progress in this program it becomes necessary to give back a little of what has been given to us. We do this by doing service which helps us to learn about the Twelve Traditions and how these principles can also aide us in our own personal recovery. The Twelfth Tradition; "Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principle above personalities," aides us in our growth in humility. We learn that it is more important to focus on what is best for the good of Al-Anon and its members rather than on the personalities of those who may be leading. This is a surrender of doing what is best for the greatest number and helps to bring harmony; placing principles above personalities; a surrender requiring a belief in a Higher Power and the willingness to do what is right, not necessarily what is popular.

Grateful to be in service,

Elaine R.

Literature Coordinator:

Hi Everyone,

When this newsletter comes out our Fall Assembly will be over, my conference call with Tom C., Associate Director of Communications at WSO, will have taken place, and my presentation as Literature Coordinator will have been given. There is so much to share. If you were not able to be at the Fall Assembly, please check out our NYN website nynafg.com to keep up to date.

What's new?

How Al-Anon Works for Families and Friends of Alcoholics will be available as an audio book on September 13, 2013. It will be sold as a downloadable MP3 file, not as a set of ten or more CDs, because we can't protect the CD format from being copied. It is 16 hours and 19 minutes of listening.

The audio book will be available through Audible.com, Amazon.com, and the Apple iTunes Store, rather than directly from Al-Anon, because these vendors have the technology that can provide copyright protection for our literature. The audio book is currently in pre-order status through Audible.com and Amazon.com. A sample chapter is

available on those Web sites. It will be available at the Apple iTunes store soon. The book is narrated by anonymous AI-Anon members whose willingness to participate in this service project made the audio book possible.

In The Works

A pamphlet for **Parents and Grandparents of Young Problem Drinkers** (working title) is being designed, and we need sharings. Of particular need is how parents and grandparents apply each of the Twelve Steps. Are there aspects of their situation that make a particular Step difficult; how have they worked through these challenges? The sharing sheet for this is now on the NYN website, nynafg.com

Also on our website are two more handouts, **S-62 Group Inventory**, and **My Favorite CAL**. The former is about the use of Conference Approved Literature at our meetings and asks 5 questions. **My Favorite CAL** encourages members and groups to use a variety of AI-Anon and Alateen Literature at meetings. Check them out and let me know what you and your groups think.

Our topic for this month is **surrender**. Right away, I think of the words "I give." Thinking about our topic for the last couple of weeks has been helpful to me, and I have been practicing this "letting go" over and over. I think about what I can change and what I can't. One of the things our bookmark, **Just for Today M-12**, says is, "Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my 'luck' as it comes, and fit myself to it." The surprise often is that we are capable of more than we thought we were. The gifts of service are numerous, and we never have to do any of this work alone. When we surrender to such giving, we can even be surprised to find ourselves at peace.

Gratefully,

Pat H.

Alateen Coordinator:

Hi My New York North Family,

I have been busy getting my presentation for the Fall Assembly done. I have been working on updating the *Alateen Guidelines and Requirements*, and updating the Alateen Permission/Medical Form with the help of other AI-Anon Members who were willing to share their experience strength and hope with me as we talked these items over and reasoned them out. By the time you read this article, the Fall Assembly will have happened. I hope that if you are

interested in my position for the next Fall Election Assembly vote in September 2014, you won't hesitate to contact me with questions and or concerns. The time goes very fast. Service always teaches me more about me, sometimes more than I want to know. However, there is always a lesson in the challenges if I choose to listen to the message.

This month's topic is Surrender. It is one of my favorite topics. I had to go through the experience of actual surrender before I really understood this concept in action. Surrender to me is not submission; it really is the Third Step done completely without taking the things I turn over back from my Higher Power. In our suggested opening we read, "Our thinking becomes distorted by trying to force solutions....." This has been very true for me. I didn't want to sell the house my late husband and I had. I got angry over it, stomped my feet like a little girl having a temper tantrum; I even let out the pent up anger by angrily walking my dog over it. I was a mess. I finally saw that I was beating my head against a figurative brick wall. I remember saying "OK God, it is only my place to live, but I can't handle this. I am putting it all in your hands and I don't want the situation back." The first person who looked at it bought it, and when I was looking for a new house, when I finally turned the situation over, the second house I saw that week is the one I am living in now.

When I go with the flow, things have a way of working themselves out, and when I fight it, I fall. The page I love that relates to this subject the most is in *Hope for Today* p. 284. The thought for today on that page reads; "**The pain is not in the surrender and acceptance. It's in the resistance.**" I find this to be so true.

Love in Service,

Lynda S.

NYNAC Coordinator:

When I think about surrender, I think about my Higher Power. What am I still holding on to that needs to be surrendered? **Surrender does not mean giving up, it means that I can accept the fact that I need help.** God never lets me down; He helps me in small simple ways. I wonder if that is why I miss them at first.

Surrender is also the theme for the New York North Alateen Conference (NYNAC). The "Stars of Hope" Alateen Group has worked very hard on making this a successful event. Many fresh

ideas were used to make the topics fun and interesting. I just love the T-shirts! Last year we had a total of 61 attend NYNAC.

We still struggle with attendance at Alateen meetings, Alateen sponsorship and forming new Alateen groups. Please continue to support Alateen meetings in your area and think about sponsorship. If you are an AI-Anon Member Involved in Alateen Service (AMIAS), this would be a great opportunity for you to come to an Alateen meeting, or help with transportation to any Alateen event. When I look back at how I got involved in Alateen, it all seems so simple. Every night after my AI-Anon meeting I looked forward to seeing the teens. I was asked one night to help with transportation to NYNAC. After two years I became a sponsor! I truly believe God knew just what I needed.

Love in Service,

Lynda C.

Web Coordinator:

It has been four months since I volunteered to be Web Coordinator. There have only been 23 people who have contacted me asking for meeting information. Maybe that is because our website is easy to use for that purpose.

A few others have asked to have their event added to our Events Calendar, which is a simple task, due to the good instruction manual I received when starting.

Changes to the website meeting lists are another matter. I am not yet up to speed on how to do these, but am anticipating a crash course this weekend, adding to what I have been able to learn on my own.

Doing service at the NYN level has made me feel more responsible for the future health of AI-Anon at all levels, from my home group up. It has also made me aware, and concerned about, the lack of members volunteering for service, again at all levels. I don't want us to just fade away, or to be taken over by those not following AI-Anon principles.

On Topic:

I didn't get to AI-Anon with a problem relative, but a lifetime accumulation of problems. So, I decided to use this program for my own recovery. Early on, I went to a meeting every day because I found something there that I lacked. Hope. My reasoning was; if I had a headache every day, would I take an aspirin once a week? After a couple of months, and much worrying and depression

because I couldn't come up with a solution for my son, I realized how crazy it was for me to be obsessed with a problem when I couldn't control the outcome. I was able to get the focus on myself, in a very human way, complete with slips.

Every so often I would learn of some information that had promise of curing the alcoholic. I would then share it with him, only to find it wasn't the cure I'd hoped for. That would put me in the dumps for a few hours, and I would see the futility of my effort. I learned, over time, to let go and let God, and to keep the focus on my self. Being human, this need to surrender, and accept my powerlessness, still dogs me. The good part is that when I have a slip now, it is quickly apparent, and I can get on with the good stuff.

John O.

SCAVENGER HUNT

CHALLENGE #9: Who is the "World Service Handbook" for and what is its purpose?

Find THE ANSWER on pg. 123 in your *Service Manual*.

Convention Coordinator:

This is a follow-up to the Fall Assembly. The duties of making room reservations for the Officers and Coordinators has been passed on to the Convention Coordinator. This is partially to alleviate some of the pressures of the Treasurer's position.

When I give my report at the Conventions/Assemblies, I always stress the importance of deadlines. This is never more important than for the 2014 Spring Convention/Assembly in Niagara Falls.

Everyone is aware that Niagara Falls is a popular vacation spot. Rooms will sell out very quickly. If there is a possibility of you attending the Convention/Assembly, please make your reservations; you will be able to cancel if you cannot attend.

If you have any questions or concerns, please contact me at convention@nynafg.com. I will help you in any way I can.

Yours in service,

Maureen K.

Newsletter Coordinator:

HELP WANTED:

I am looking for people to serve on a thought force for this newsletter (*Northern Hi Lights, NHL*) to:

- a) help update the stated purpose,
- b) set up guidelines for officer and coordinator articles,
- c) look at how to make subscribing and unsubscribing to *NHL* easier, and
- d) generally offer suggestions and ideas for content and layout to help keep *NHL* relevant and interesting.

Does anyone (perhaps a past *NHL* editor) know where the current stated purpose originated?

On this month's **topic of surrender**:

What comes to mind as I walk on my farm, past the trees on my lane, is that there are at least two ways to think of surrender: a) surrendering to DEFEAT (a negative) or b) surrendering our will to JOY. The branches of the trees gentling blowing in the breeze show me how I can surrender my will to JOY. When I give up my attempts to control or resist what is, I can relax and enjoy the ride. This allows just enough space to enter my brain to open me to new possibilities. My natural state as a creation of the universe is one of JOY, so finding JOY is only a process of letting go.

One way to be is to be like a tree,

Gwenne R.



A 1,000 year-old olive tree in Provence, France.
Photo by Gwenne R.

Archives Coordinator:

Greetings,

When I first came to Al-Anon, I was made aware that I must be willing to demand **change** in myself; that it would involve **acceptance** on my part; that I would no longer be able to believe I was in complete **control**; and that I be **open** to the possibilities of change. I had come to the Program wanting change... right now...on my terms and with that change being on the part of another person. **Willingness** was part of my vocabulary: willingness to do anything in my power to have my HP bring about that change.

Time has passed, and I have come to **"let go"** and "let in," and as time has passed, **denial** has given way to acceptance of **reality** and **self-deception**. Releasing old ideas has allowed me to give up my old ways of thinking and believing and to come into a state of being.

And what, you may be asking does this have to do with my current position that causes me to be writing to you from the dusty Archives of NYN? My acceptance has allowed me to find **gratitude** and **spirituality** in my Archives work. I am filled with gratitude to be experiencing the history of Al-anon through my Archives work...to experience **joy** at what I find and share with you...**sorrow** at who is no longer with us...the **loss** of their experience, strength and hope; and also the gratitude that continues in their **stories**...their tapes, writings, CDs, etc.

Gratitude, in particular, is my special gift of acceptance that leads me daily to **Serenity** as long as I continue to work my program and accept my own imperfection.

This week, I was given an invitation to join with Sue P. & Nancy from District 1 in a plan to bring **stories** from NYN and District 1 to the 2014 Spring Convention. I truly look forward to working with them.

To those of you who were at Fall Assembly 2013, I am hopeful you enjoyed the Archives display. To those of you who donated items to the Archives at Fall Assembly or gave ideas and suggestions, my gratitude. If anyone has a suggestion, comment or thought, please feel free to contact me.

Kathy M.

Public Outreach:

Greetings to everyone and hope you had a great time at the Fall Assembly! I was unable to attend but send you all best wishes for a safe and happy trip! Please know I was with you in spirit.

As mentioned in my report to the Assembly, I want to encourage people to look at the Public Outreach portion of the World Service Office (WSO) Member Website, where you will find a printable document called, "The Best of Public Outreach," which gives general guidelines regarding public outreach methods and ideas. Please always let me know if you have any questions or need further information about anything.

This month's topic, surrender, is something I personally struggle with often. Yet, I have been able to better myself only when I have let go and let God. Although I have spent most of my life letting my needs and wants take a back seat to everyone else's, I began to truly surrender the day I walked into my first meeting over five years ago. **I have been learning to surrender the unrealistic wants I thought were needs to my Higher Power** and turn over control of my life to Him. To the degree I have surrendered to my Higher Power's will for me, I have been able to let so much stress and anger related to my past go, and get on with my life. I still have much to learn, especially with my present employment-related struggles, but I know my Higher Power will work things out as I surrender myself to His care rather than do the same thing over and over and expect different results.

I look forward to seeing you in the Spring.

Yours in service,

Marie N.

Secretary:

Hey There,

As secretary of New York North, it is my job to read the minutes of the last convention. Each time I have approached the microphone I take a few seconds to glance at those in the Assembly, and I am so happy to see all of the members in attendance!

The topic this month: **SURRENDER**
I first went to the dictionary and found that surrender means to yield ownership, to relinquish control over what we consider ours: our property, our time, our rights. How does this apply to the program? As I began my Al-anon journey of recovery, the first three Steps asked me to surrender to a Higher Power. In surrendering to a Higher Power, I accepted that

what I "owned" actually belonged to Him, but I am responsible to care for what He has given me. When I surrendered, I became teachable and started my recovery. Over the next few years, I became a new person. I did pick up some of my old qualities, but I did not have to pick up the anger and resentment.

I continue to grow spiritually, mentally, and emotionally, as I live the Steps, Traditions and Concepts. It was many years before I made that final surrender. I now understand my uniqueness. There may be no one else on earth exactly like me! And, I realize with Higher Power as my partner, and as a member of this fellowship, I am not alone.

Gratefully,

Marge R.

Group Records:

Surrender, well that is a good topic for me as I struggle to write an article for the newsletter. I have much to say, but I am much better at speaking and thinking on my feet. It's quicker than sitting here and trying to think of what to put on paper. **I have been working on the transition to the electronic newsletter; at this time we have 396 people who are going to receive it in October, and I have had 30 requests for hard copies.**

With almost 400 on the email list, I feel that we will reach more members when we get the link on the web page to subscribe to the *Hi Lights*. This also would be the link for those wanting to get off the list.

Please don't send checks to me for the newsletter they are to be mailed to the treasurer! I hope that at this upcoming conference we can work out the rest of the details concerning the newsletter.

Just an update on our total numbers: We have 290 Active Groups, 3 In "No Mail" status, and 22 active Alateen groups.

Well, this has taken almost an hour or more to struggle through. Surrender, that is something that is very hard to do, but when we do surrender our lives will become simpler!

KISS "Keep It Simply Simple,"

Hugs to all,

George S.

Past Delegate, Panel 43:

Hello NYN Family,

It has been a busy summer with ad hoc committees and preparing for the presentation for the Fall Assembly. As a Past Delegate, I have had the opportunity to grow more in the program working with my fellow Al-Anon members and am filled with gratitude for all of the experience, strength and hope shared. Some of the committees have challenged me.

- The **Finance Committee** has been busy working toward the transition to the new Treasurer, planning the 2014 budget, and other items related to finances.

- The **Committee for Updating Job Descriptions and Qualifications** met at our Delegate's home a few weeks ago. We are trying to look at what we can do to help members succeed in their position. Next Fall Assembly will be an Election Assembly. We are hoping to implement a new way of approaching elections that will help everyone be more prepared to take on the responsibility the Area places on the new Panel of Officers and Coordinators.

- I have also been working with our Convention Coordinator on **reviewing and updating the NYN Assembly and Convention Guidelines**.

- I think that my biggest project was meeting for two days with Lynda S., Helen H., and Anne F. to **review the Alateen Requirements and Guidelines**. It is amazing what can be accomplished when we listen to each other, ask questions and complete a project. The other part was retyping of the document. **It is available on the NYN website Newsflash page**. What is in black is original, red is removed wording and green is new to the document. We hope to combine the NYNAC "Boundaries" and "I Am Responsible" sections into the NYN Conventions and Assemblies section, as most is repeated. ***Once members have had an opportunity to read through and ask questions, prior to next Spring 2014 Assembly,*** we hope to have a vote of approval. Comments and questions can be addressed to the NYN Alateen Coordinator by mail or email. **Please remember, to have a vote at the Assembly, your group must have a Group Representative present.**

My last project was working on the **Presentation for the 2013 Fall Assembly**. I have been working with our NYN Alateen Coordinator/AAPP. There is so much available information and tools available to us for Alateen, it can be overwhelming to decide what to use and what to save for another time. We will be asking for the

Assembly to participate in this. Other material and questions can be found Sunday morning at the **Alateen Interest Meeting (AIM)**. **Alateen is Al-Anon. We are all responsible.**

Surrender is the topic for this issue. So many times, I think I have great ideas both in and out of Al-Anon. Through the years I have learned that my idea is not always the best. By turning it over, I let my Higher Power step in and I learn to accept others' ideas and criticism. I must admit, I don't always like what I hear, but I certainly have learned. It allows me to move forward in my life. Surrender teaches me acceptance, tolerance and responsibility among other things. Thank you to the fellowship for helping me to grow in my personal recovery.

Together we can make it,

Connie D.



SAVE THE DATE!

2014 New York North
Convention/Assembly

Faith, Fellowship, And Fun at the Falls

MAY 15, 16, 17, & 18 2014!

HOPE YOU CAN JOIN US!!!

**NOTICE: Rooms are going fast!
Reserve early to be sure you have a room.**

Calendar of Events

More information available at www.nynafg.com

Oct. 4-6, 2013 NH Al-Anon/Alateen Convention with AA participation www.nhal-anon.com/convention

Oct. 5, 2013 District 17 “Step Up To Recovery,” Randolph United Presbyterian Church, 186 Main Street, Randolph, NY, 9 a.m. - 3 p.m., \$4 donation. Please bring dish to pass and item or basket to raffle.

Oct. 11-13, 2013 NYNAC (New York North Alateen Conference)

Oct 12, 2013 12 Steps to Serenity Workshop Presented by Jane McP. St. Vincent Health Center - McGarvey Learning Center, 232 W. 25th St., Erie, PA. 9:30 a.m. - 5 p.m., Free. Open to all Al-Anon members. Bring notebook, pen, covered dish to share.

Oct. 18-20, 2013 12 Step Study Weekend The Country Place Retreat and Conference Center 45 Country Place Lane, White Haven, PA.

Oct. 19, 2013 District 1 “Potluck for Recovery,” 1225 Brighton Road, Tonawanda, NY. 9 a.m. - 3 p.m., \$4 donation.

Oct. 25-27, 2013 25th Annual PA Al-Anon Adult Children Conference, “Colors of Recovery,” Antiochian Village, Rt. 711 North, Ligonier, PA 15658.

Oct . 26, 2013 “Fall Into Recovery,” St. Paul’s United Methodist Church, 2200 Valley Drive, Syracuse, NY. \$4 registration includes lunch. Contact Zee W. or Janet U. at Circle of Hope Meeting on Tuesday Evenings at 7:30 p.m.

Nov. 1-3, 2013 HMB Convention (AA with Al-Anon participation), Hotel Utica, 102 Lafayette St., Utica, NY. hmbconvention@ahmbny.org

Nov. 2, 2013 Queensbury Tuesday Night “Fun With the *Forum*,” Caldwell Presbyterian Church, 71 Montcalm St., Lake George, NY. 9-2:30 p.m.

Nov. 2, 2013 District 29 “Al-Anon: How it Works,” St. Patrick’s Church, 115 Maple Ave., Victor, NY 14564. 10 a.m. - 3 p.m. Speakers, workshops. \$5 donation, plus a dessert to pass. Lunch provided.

Nov. 19, 2013 “Simple Serenity,” United Church of Christ, 26 Church Street, Fairport, NY 14450. Speakers, food and friends. 12 noon.

May 16-18, 2014 New York North 2014 Spring Convention, Sheraton at the Falls, 300 Third St., Niagara Falls, NY 14303.

Do you know whom to contact with an Al-Anon related question?



Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

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|--|--|--|--|
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| <p><u>Spanish Contact:</u> Cira B spanish@nynafg.com</p> | | | |
| <p>Panel 49 Elaine R:</p> | | | |

NYN Area Assembly
Northern Hi Lights
34 Ellison Ave.
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**Deadline for the
November 2013 Issue
is October 15, 2013
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