



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

Inside This Issue

Topic: Taking Risks

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Northern Hi Lights

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

Hello NYN,

Being the delegate is both hard work and fun. The hard work is writing reports and *Northern Hi Lights* articles, working on task forces and committees, and being available for questions that might require research. I am so grateful that I've had this opportunity and that there are those in our area and other areas who are available to help to make this work lighter. I want to thank all the GRs, officers, and coordinators current and past, and delegates from both New York North and throughout the world. By reaching out for help, the hand of Al-Anon has been there for me to make my work a little easier.

The fun part of being the delegate is that I get to meet so many wonderful members throughout New York North and beyond. It is fun to talk to others about what is happening in their groups and in their lives. I enjoy learning about other cities, see the smiles when people talk about how the program helped them and the joy in their eyes when they share with others. I get to participate in fun activities such as Days of Sharing, Assemblies, dinners and Alateen conferences. (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

It's so much fun to put on a silly hat, to act in a play or just sit around telling jokes or just laughing about everyday experiences. It's fun to come up with ideas for baskets for sale or to work with my district coming up with an assembly theme for the 2018 Fall Assembly. It's fun to go out for coffee or dinner after an involved AWSC meeting or assembly and know that whatever was so serious will not be rehashed, as we've left it behind us.

Two years have passed since I was selected to be your Delegate at the 2014 Fall Election Assembly. I hope someone out there is watching, praying, listening or reading this report and considering standing to serve as our next New York North Delegate. Don't let the work scare you, because the fun will be there to make your life more interesting.

My sponsor always says "we are not a glum lot" and I would say if I look glum come over and give me a hug, and let's have fun together. The work will wait.

Love in Service,

Diane C.

Alternate Delegate

On page 32 of the August 2016 *Forum*, there is an article on "Concept Eight: Learning to delegate authority;" on page 29, there is an article on "Step Eight: Being willing and honest about my amends." I found these both to be helpful as I considered the topic for this month.

On Topic: Before I came into Al-Anon, I would take risks out of fear or disregard for my well being, but not very often for my own spiritual growth (the exception being coming to my first Al-Anon meeting). In Al-Anon, I received the support and knowledge I needed to take healthy risks, even if they made me feel very uncomfortable at first. One of the biggest risks I am learning to take is being vulnerable, open and honest with myself and others.

When I take on a new service position, I believe I am risking failure. When I share my true feelings I risk rejection. When I delegate and accept help, I risk not having control of the outcome. But in Al-Anon, I learned to have faith in a Higher Power,

with whom there is no such thing as failure, rejection, or need to control outcomes.

Al-Anon is the best, and safest place I know of to practice taking risks that lead to my spiritual growth. There is no other place I'd rather be.

Gwenne R.

Public Outreach Coordinator

Thank you District 22 for a wonderful Fall Assembly. I enjoyed making new friends and reconnecting with friends from past Assemblies and Conventions.

- For many of us our orders for *Al-Anon Faces Alcoholism 2017* have arrived. Last year, Al-Anon members distributed over 350,000 copies throughout the U.S., Canada, Bermuda, and Puerto Rico. Please help us continue to make this the most successful member-participation outreach project in our history! **The deadline to order the second printing of "AFA 2017" is February 8th, 2017, 5 p.m. ET.**
- Also, without member sharings, our most comprehensive annual public outreach magazine wouldn't be possible. Please consider writing a few words about either of the following (word count: 50-300) and submitting your writing for publication in **AFA 2018:**
 - ✓ **Remember how difficult it was to go to your first meeting? What helped you take that first big step?**
 - ✓ **Did you hear anything early on that made you want to come back?**

- There is also an Al-Anon faces Alcoholism Writer's Guide for Professionals. Al-Anon Family Group Headquarters, Inc. is seeking articles or brief statements from professionals for publication in the AFA 2018. Sharing sheets for both projects are on the members' website as well as the order forms for AFA. If you need help please contact me.
 - While looking through our World Service Conference Summary 2016, I noticed that conference members were asked, "How can we encourage members and service arms to distribute *Al-Anon Faces Alcoholism*? What more can we do?" One response especially interested me. "Every quarter, we address envelopes in my home group for letters to lawyers, the juridical system, churches, hospitals, and treatment facilities. We put in a card for the Al-Anon Information Service (AIS) office and urge the professionals to contact us with questions. We notify our AIS the day we do that so they can look for an increase in calls. We also put *Al-Anon Faces Alcoholism* in the newcomer packet. We have received a good response." This seems like a great idea and I'm going to bring this idea to my home group. Think about doing the same and let me know how it goes.
 - Pretty soon our new PSAs (public service announcements) will be coming out. They are about parents of young people who have a drinking problem and children affected by their parents drinking. This will be our first Alateen PSA. I will be in touch when I receive this information.
 - Bob C., District 7 rep, along with Linda from District 7 had an Al-Anon table at a New York Recovery Conference held in Troy, N.Y. on August 31st. Bob said many people stopped by to pick up information, to talk about Al-Anon, and to ask questions. Bob had available some of our hard cover books and sold quite a few. Thank you Bob and Linda for making all of this possible.
 - I just found out that for many years Districts 8 and 22 have shared responsibility for covering an Al-Anon meeting at Hope House, which is a rehabilitation center for teens in Albany. The third Saturday of every month is family day and that is when the Al-Anon meeting is held. District 8 is responsible for covering January through June and District 22 is responsible for July through December. Currently Deb W. from District 8 and Nancy R. from District 22 are the contacts for Hope House. Those Districts supply Al-Anon literature that focuses on parents of alcoholics, and they also try to keep daily readers on hand. They are considering purchasing a table rack for Al-Anon literature to place in the family room.
 - In District 10 we have someone willing to reach out to the TV stations regarding playing our PSA's. So far one station has agreed to do this.
 - In our September 2016 Group e news there are two examples of Alateen Public Outreach Graphics. I've been working with Walt, our Alateen Coordinator for NYN, on putting together a flyer for Alateen using these graphics. Ann T. from Rochester put it altogether for us—thanks Ann. I'm hoping that we can get this flyer on the different AIS websites. I'll keep you posted.
- Our topic for this month is "Taking Risks". I have a quote that I keep in one of my daily readers: "You must make a choice to take a chance or your life will never change". It seems to me that just about

everything I do is a risk. Risk for me is taking chances—coming back to Al-Anon, asking someone to be my sponsor, sponsoring, sharing at meetings, getting involved in different service positions, being the minority voice in a group conscience. Life is full of risks and I'm grateful that I have the opportunity to take them. Let me know what is happening in your community. Together we can make a difference.

Pat H.

Alateen Coordinator

I am preparing for a weekend with the teens at the New York North Alateen Conference (NYNAC). Mary Beth and I are working on the third section of the Alateen Training Module, and looking forward to giving a preview of the module to our teens at NYNAC, as well as any interested Al-Anon members attending the Fall Assembly. This module will serve as a valuable means for helping everyone to understand what the requirements are to become an AMIAS, our duties as an AMIAS to the teens, as well as how to start and oversee an Alateen group.

On September 10, I met with several AMIAS's from several different Alateen Groups in NYN, as well as Diane C. our NYN Delegate, Leslie C. our NYNAC Coordinator and Pat H. our NYN Al-Anon Public Outreach Coordinator. The focus of the meeting was to look at the various methods provided by World Service to increase our outreach efforts for Alateen in NYN. Some of the items spoken about include:

- A press release that we can print in newspapers to make people aware of Alateen meetings within their communities
- A new Alateen poster that lists local contact information for teens and parents looking for help. The poster can be hung in schools, libraries, medical centers, churches, etc.
- Posting meetings in the Community Event Calendar of local newspapers.

- Requesting our Al-Anon groups to invite the teens to come and chair one of their meetings. You will be astonished when you hear the wisdom that comes from their hearts.
- Developing a process that will strengthen the communication between our existing Alateen Groups. Not just seeing each other at NYNAC or conventions.

The group plans to meet on a quarterly basis at different locations. The next meeting will be Saturday, December 2; we are waiting to confirm a location in Rochester.

After NYNAC, the NYN Alateen Guidelines Committee will start meeting again to continue reviewing and updating our current guidelines. I have been researching and printing out the Alateen guidelines for various Al-Anon areas within the United States. One of the discussions will be to begin investigating the various methods and cost associated with conducting background checks for all AMIAS's in NYN. There will also be a new addition to the guidelines that will address the yearly recertification requirements for all AMIAS's. The goal of the committee is to have our guidelines updated and ready by the spring of 2017.

I hope everyone takes time to enjoy all of the beauty that autumn brings. Take a few moments every day to stop, look and listen to nature and your own heart. There is so much to be grateful for in our lives.
Love in service.

Walt S.

Group Records Coordinator

This report will be coming out after the Fall Assembly, so I hope that all who attended enjoyed themselves. I have searched into the WSO status of groups that are **Reported Not Meeting**. WSO will attempt to reach the contacts for the group. If they are unsuccessful, they will flag the meeting and take them off the 1-800 list and the Public Outreach meeting list. In order to prevent this from happening, please consider some of the following:

- Add signs inside buildings so the meeting can be easily located
- Leave a note on the door if the group is not meeting on a specific day
- Notify the Area or the WSO right away when the meeting location changes, times change or the meeting no longer meets.

Please contact me if you need to get more information on this new group status.

Our topic of the month is; "Taking Risks." This pretty much describes my growth in the AI-Anon program. I started small by taking a literature course given by a retired professor in my small town. I learned I like writing. I joined an ecumenical group in that same small town. This helped me to not isolate so much and try new things. I would never have discovered certain things about myself unless I had taken risks. Part of my being affected by the disease of alcoholism is that I was told that I couldn't do this or that. Part of my healing process has been to prove that I can. I went back to college at 53 years old, got my associates degree and then went on to get my bachelor's degree in Psychology. This program gave me the permission to try and in most cases succeed.

Love in Service

Lynda S.

Area Chairperson

Hello NYN,

As summer fades away, I'm gathering the last of the veggies and preparing to winterize my clothes, garden, and house. Some changes are also taking place in NYN. As you heard at the assembly, we're working to make the AWSC and Assembly meeting more relevant and useful to all who are involved. In addition, a policy committee is organizing to make our NYN policies easier to reference when needed. Change is scary, but good for progress. If your group is not sending a representative to the assembly and/or district meetings, with all the changes going on, now is a good time to volunteer or encourage someone into service. It's a healthy place to grow in AI-Anon.

Our topic, taking risks, may apply. The first time I was a Group Rep, I had three small children and an active alcoholic in my family. Leaving them to go to an assembly was difficult and I waited until the last minute, walked in with no room reservation or banquet ticket, and was welcomed, given the name of a member looking for a roommate and found a banquet ticket! With all the love and compassion I found that weekend, I learned that with courage and faith all things are possible. And when I arrived home, everyone was safe and happy and the alcoholic discovered that after taking the kids to his family home for the weekend, that what he thought was normal, didn't look that normal any more!

Let's all take the risk to step out of our comfort zone and work to make the AI-Anon message in NYN one of love, compassion, courage and faith.

Treasurer's Report

Hello, NYN Family,

When this article appears in the Northern HiLights, the Fall Assembly will be a thing of the past.

During the month of August, the following donations were received:

Group Name	Gr #	Amt
Faith	9679	60.00
Fri Springville	67287	10.00
Evening Serenity	9676	20.00
Chittenango	9677	15.00
S'wedgeSerenSkrs	30646347	20.00
Live & Let Live	30516146	20.00
Webster Mon	10385	25.00
Christ the King	UNK	20.00
UNK	30644421	10.00
Serenity Circle	30521550	25.00
Calm in the Storm	30503839	30.00
Saturday 10:30	UNK	40.00
Bolivar Discussion	502378	25.00
District 10	n/a	100.00
Latham	24286	90.00
New Beginnings	39872	70.00
District 18	n/a	100.00
AWSC 7 th Trad	n/a	70.61
Kirkville	30645889	25.00
Hope For Today	UNK	24.00
Dryden Fri	66230	10.00
Legacy Study	42113	25.00
Rt 370 & John Glenn	UNK	68.75
UNK	40786	25.00
FM Thurs Morn	37943	30.00

Thank you!! Your continued support of New York North is much appreciated!!

Since the last Newsletter, the following expenses have been paid:

Ruth S	\$188.55
Diane C	169.50
Lynda S	90.16

NYN 2016 Fall	30.00
(Walt S & Leslie C reg)	
NSEA	50.00
NYNAC	450.00
(remainder seed money)	
NYNAC	125.00
(Ruth S reg)	
NYN 2016 Fall	52.00
(Pam A reg, banq, DR)	
NYNAC	250.00
(Walt S & Leslie C reg)	
Susan A	86.02
Comfort Inn & Suites	2136.00
AFG Inc	1950.00
Comfort Inn & Suites	40.00
John O	134.00

Current Balances are as follows:

Regular Checking	\$7400.73
Reserve Checking	9215.40
Sage Ruty Mutual Fund	2822.49

Taking Risks....YIKES!!! All I can say about this is, "Thank God for Al-Anon!!!" Al-Anon principles—and its members (my family of choice)—have helped me to take many risks and to stick with them. Separation from my spouse, buying a home of my own, living alone. These have all been made do-able (I won't say easier) because of Al-Anon. And not to mention taking the risk of becoming the NYN Area Treasurer!!! BUT, like other risks I have taken in my life, Al-Anon does not leave me alone!! Even in Service, I am never alone. I cannot thank the people who have gone before me for their help and support in getting through these risks!! Thank you!!

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,

I expect to have a great time at the Fall Assembly. Thanks to District 22 for hosting. This summer has been busy with personal things, so not much going on with the archives. I did order a subscription of the forum for the archives so the archives will have a copy going forward.

Always looking for photos of NYN events or longtime member questionnaires. Contact me if you have anything you think would be a good addition to the NYN Archives. Please contact me to ensure they are appropriate before bringing to an assembly or other event.

Email: archives@nynafg.com

Other contact info is in NHL, but email is best.

Regarding this month's topic, "Taking Risk", during a speaker meeting, the AI-Anon speaker shared that to her there was a difference in being uncomfortable and dis-easy (she pronounced disease-y) Uncomfortable was good, pushes her boundaries. Disease-y was the disease in control and calling the shots. That really resonated. Why did I not want to do certain things? Was it just uncomfortable (scary and new) or disease-y, my crazy brain keeping me from growing (fear)? After hearing her, I have made a conscience effort to go to the uncomfortable. I pick service positions that push me out of my comfort zone. I pick work assignments for the same reason. My disease wants me to stay in the familiar, the rut, and not grow. Taking risks on new thing helps me grow, do things I would not have tried in the past (Archives anyone?) and keeps crazy brain at bay.

Yours in Service

Kevin M

archives@nynafg.com

Immediate Past Delegate

Dear NYN Friends,

The NYN State Fair has come and gone. This was NYN's second year at the fair and I think it was a great success. The fair ran from August 25th through September 5th. We were there the whole time. This year the AI-Anon booth was located in the Science and Industry Building, a much better fit than the Arts & Home Building.

Last year we had 596 people visit the booth. Many of these people came in just for candy. This year we had over 1300 visit our booth. This count is just people who came in to see our booth, take some literature or to talk. What a great success!

As with last year, we needed 96 people to cover every shift. We had all but 7 shifts covered. I want to thank everyone who signed up to work the fair. I had some great feedback and comments. The State Fair committee will be reviewing these comments and suggestions to ensure an even better fair experience next year.

I will be giving a full report of NYN and the State Fair at the fall assembly. You will find it online at the NYN website or you can check with your GR or DR as to what was in the full report.

This month's theme is about taking risks. I think for NYN being part of the NY State Fair was a risk. There was the cost to the Area, materials, insurance, booth rental etc. The members who were willing go to the fair and man the booth. The fear of would this be a success. The membership of NYN voted to take these risks to bring information about AI-Anon to those who are affected by the disease of alcoholism. We were able to touch those 1300+ people who visited the booth. Sometimes it is worth taking those risks.

Gratefully in Service,

Ruth S.

Literature Coordinator

Hi NYN,

I ordered literature and literature table racks for Hope House, a teen rehab center in Albany. There already is a rack with AA literature in the conference room there and thought a rack of Al-Anon literature would be a good pairing. I was told there would be a WSO Literature conference call in the fall. I am looking forward to that and will relay any new information that comes out of that.

Taking risks is a good topic. I have been thinking a lot about it and it occurred to me that before Al-Anon, I did a lot of risky behaviors. Most of which I would end up regretting and some I'm glad I survived! Now taking risks takes on a whole different meaning for me. I need to step outside my comfort zone and try different healthy behaviors and when I do, I never regret it. With the program's support, I can be brave enough to try something new, to reach out for something better and doing that enriches my life and my recovery continues to blossom.

Nancy R.

NYNAC Coordinator

This year's NYNAC theme is **COURAGE**. The theme for Saturday night is a Masquerade Ball. Greatly needed contributions have been coming in. Funds have come in from individuals, groups, bookmark sales, bottle returns and previous fundraising. I will have some bookmarks for sale at the Fall Assembly. I will continue to do fundraising, so please don't think it is too late to donate.

The artwork for the tee shirts has been approved and is at the printer's. We are also taking orders for the NYNAC tee shirts. (This is a fundraiser.) The last day for placing an order is September 26th, and all orders must be paid in advance. Tee shirts are \$10.00 for S, M, L and XL and \$12 for XXL. Please be sure to order your size carefully, as refunds are not available. If you miss the deadline and think you may still want a shirt, contact me after NYNAC, and I will see what may be left.

There are usually a few, but I am trying not to order extras this year.

A contract for Vanderkamp has been negotiated for 30 attendees (adults and children). This was the smallest number we could negotiate and keep it affordable. We can add more if we need to. (I hope we need to.) The cost this year is \$125.00. This did not include the cost of the nurse or the office and art supplies needed to have this event. Fundraising done to date has covered the cost of the nurse. I am confident the donations from our members and groups will take care of the rest. Based on what has already come in, I am pretty sure this goal will be met.

There was a significant increase in price due to a new "linen policy" at Vanderkamp. They now supply all the linens, towels and washcloths, pillows and blankets. There was no movement on the part of Vanderkamp to charge us per set. They charge by the cottage, and it is non-negotiable, whether we use them or not. The deposit has been sent and our reservation is secure. The rest of the money must be paid by September 25th, which is why the deadline for paid registrations is September 20th.

We are investigating other venues for next year. Yours in service,

Leslie C.

Presentation Coordinator

My attitudes toward risk are healthy or unhealthy in direct proportion to the quality of my program on any particular day. On a day when I'm full of fear, with no conscious contact with my HP, living in the future and trying to control outcomes, even the risk of trying something new for lunch seems intolerable. On the other hand, on a day when I've taken the time to make conscious contact, to appreciate small things with gratitude, to take stock of the blessings surrounding me in this moment, risk does not overwhelm me. I may even be open to the idea that a particular risk might bring astounding joy into my life. Although there are unhealthy risks I have chosen to avoid, such as spending money unwisely, eating unhealthy food,

or handing my serenity to dangerous people, there are healthy risks that help me grow and realize my potential. Taking a class, going to a community meeting, or calling an Al-Anon friend -- these are risks that do me a lot of good, no matter what the outcome.

One risk I took was standing for Presentations Coordinator. I'm so glad I did. It's a blast! Please send an email if you'd like to risk having a blast on the Presentations Committee with me!

Sarah R.

Convention Coordinator

Actually, it is September 12, 2016. I am in Nashville TN, coming home Thursday evening September 22 so I can repack my bags and get up to Syracuse to join y'all for the Fall Assembly. So I can't rightly say as yet, ***"It was a wonderful Weekend"***. I hope you were there too and I am sure we all can say, ***"It was a great event!"*** Thanks to **District 22** and all the volunteers who put in lots of time for many months so we could join together and carry on the business of Al-Anon getting the message out to the New York North community that there is help available. "Alcoholism is a Family Disease and Al-Anon has but one purpose: to help families and friends of alcoholics".

And mark your calendar now so you don't miss out on the exciting **2017 Spring Assembly/Convention, May 19-21** at The Millennium Hotel, Buffalo. Hosts **District 12**. **Registration flyers** will be in **Northern Hi Lights**. Plan ahead. Never too early to make plans and mail your registration in!

Taking Risks

That's life- each day, get up. Make a decision, and do it! The results can be amazing. At least that's been my experience. On this journey of recovery my big risk was picking up the phone.... And it goes down as one of the best risks I have ever made! I

learned there was help available. Since the day I made that first phone call, life keeps getting better and simpler. Just take the next right step, Nancy. And when asked to serve, just say **YES**.

Thanks to all,

Nancy H.

Website Coordinator

One of the biggest risks I took in my life was walking into an Al-Anon meeting. Luckily I was led by a good, caring friend who promised to stay with me and go back again with me.

The uncertainty of exposing the family secret that something was wrong in my home was terrifying. My friend knew of the meeting and had gone before. It was in the basement of a hospital at the end of the 2nd or 3rd corridor from the elevator. I would have never found it by myself. The primary task I do as web coordinator is responding to NYN Contact Us emails. Many of these emails are looking for an Al-Anon meeting. I hate the ones that come saying they couldn't find a meeting or no one was there.

I urge all GRs to go to our website, www.nynafg.com and make sure your home group is listed, and is listed correctly, enabling people to find your Al-Anon meeting. Discuss with your group what happens when your meeting is cancelled for various reasons – facility event, holidays, illness, etc. Can a new member find your meeting room(s) from the meeting information available on the schedules, or do we need extra information like "Door #5, Doctor's Lounge" etc. I know GRs update their meeting information for WSO annually. This information goes through a number of humans before it is published. Please make sure we do the job right.

I'm glad I took a risk. It saved my life. Enjoy the fall weather.

Peace,

Molly C.

Newsletter Editor

I chose the topic of taking risks because I found the courage in Al-Anon to take them. Chairing a meeting where I also had to line up speakers in advance, and ask members to share, and fearing rejection, was very hard. I put it off for almost a year. When I finally did it, it was life-changing. It had such a profound effect, it has become a way of life.

Al-Anon has offered me many opportunities to take risks, volunteering for vacant positions. It has been fruitful, and without naming how many years it has been for me in the program, the risks still pay off.

After volunteering to be newsletter editor, I felt like an old fool, who was over his head. There comes a time when it gets too difficult to learn new skills. I now know that I haven't reached that point. For the last few months, I feel I've had a breakthrough.

When I was struggling, I asked someone to help me with the newsletter, besides my proofreaders. When I couldn't get it to look right, Pat could. I'll probably need her at times, but the last two issues didn't need her technical help, although my proofreaders will always have to clean up after me.

John O.

Area Secretary

I never was a big risk taker. I think it had to do with fear of the unknown. When the benefits of taking a risk outweighed the discomfort of remaining scared, depressed, and stagnating, I decided taking a risk might just be the better option. The first risk was reaching out for help. The second was actually choosing to listen to the answers provided once I reached out. The next

risk was taking the leap and attending my second Al-Anon meeting, which was ten years after my first. After that meeting, the risk-taking became easier. I told myself; no big deal, just go to the next meeting, see what happens. You can always leave because you don't know these people, and at this point you have nothing to lose.

I learned that if I wanted to lessen the pain and look to a brighter future, I could take small risks at my own pace. Just like One Day at a Time, it was one risk at a time. Those baby steps of taking risks began to change my life, and became second nature. I found going to meetings wasn't that bad, and found people whose lives seemed so similar to mine, even though we had never met. I began to feel comfortable. One phrase that always resonates with me is "pain is inevitable, but suffering is optional." I didn't have to suffer alone anymore; I had choices and I could move at my own pace. Next group of risks came when I decided to go to the AIS meeting to find out what that was all about. Those AIS meetings eventually led to meeting people who attended the NYN Assembly meetings, and I felt encouraged to go as well. That was scary. One more risk taken by going back to the next assembly, and with each new assembly it got easier and I began meeting new friends through the action committee break-outs groups. I know you have either heard me say or read one of my articles referring to those new found friends as being my friends all along the Erie Canal, from Albany.....to Buffalo. All the joys of service from that first initial risk of reaching out for help and following through one risk at a time. Thanks, Higher Power for all the pushes and nudges along the way. Together we can make it.

Pam A.

Around New York North

“Just for Today” is the theme for District 25’s Day of Sharing, **October 8th** from 10AM to 3PM at United Methodist Church, 31 West Church Street, in Fairport, a suburb of Rochester. Registration starts at 9:30.

Besides Al-Anon and AA speakers, there will be an original skit, and breakout groups

Soup and salad will be served, plus drinks. Suggested donation is \$5.

Thursday, **October 13th** Stepping Into Recovery Noon Meeting at St Anne’s Church, in the first floor Solarium, 1600 Mount Hope Blvd., Rochester, is having their 1st Anniversary Meeting, starting at 11:30 with food and fellowship, followed by Al-Anon and AA speakers at noon.

“Once Upon a Time” is the title of Circle of Hope’s Day of Sharing, from 8:30 AM to 3:30PM, **October 15th** at St. Paul’s United Methodist Church, 2200 Valley Drive, Syracuse. (downstairs) Please park in the back lot.

There will be Al-Anon and AA speakers, good food, and good fellowship.

District 17 is throwing a party on **October 22nd** at Randolph United Presbyterian Church, 186 Main Street, Randolph. “65 Years-One Day At a Time...and “The Journey Continues.”

Registration begins at 8:30, Newcomers from 9 to 10, Old Timers from 10 to 11, AA from 11 until noon. 1PM to 2PM will be Double Winners, The main speaker will be at 2PM.

Lunch will be a dish to pass, so bring your best. Suggested donation is \$4.00. There will be basket and 50/50 raffles.

In Fulton **November 5th** from 9 to 3PM, District 21 will have their Day of Sharing, with the theme; “Hand in Hand, Heart To Heart,” at All Saints Church, 149 So. 1st St & Academy St, (side door entrance). Guest speakers, raffles, and literature for purchase. \$5 suggested donation, lunch included, **teens free!**

November 12th; “Come share a cup of SERENI-TEA: Happy, Joyous, & Free” @ the DALE, 33 Ontario Street, Lockport, NY, using the rear alley door.

Registration from 9:30 AM. The program starts at 10 AM with Al-Anon and AA speakers, fellowship, fun, a Serenity Panel game with a prize, followed by a tea luncheon and raffles. Bring a dish if you wish.

A basket with a theme would be a dream. Suggested donation is \$5.00

November 12th; “Building Bridges” is the theme for District 29’s Day of Sharing at St. Patrick’s Church, 115 Maple Avenue, Victor.

Registration starts at 9:30, with programs starting at 10, and lasting until 3:00 PM.

Al-Anon and AA speakers, workshops, and literature available.

Soup, salad, bread and beverages provided. You are welcome to bring a dessert to share.

Suggested donation is \$7.00

Who will eat all the leftover desserts? Be there to help.

November 16th A New Beginning AFG will hold their 2nd annual Thanksgiving Celebration, from 6:30 PM until 8 at South Wedge Mission, 125 Caroline St., corner of Mt. Vernon Ave. Al-Anon and AA speakers. Please bring a dish to pass. Suggested donation: \$3.00

We hope you'll "SAVE THE DATE" for the
NYN AFG Spring Assembly/Convention May 19-21, 2017
With AA and Alateen participation

Hosted by District 12, Buffalo South & part of Southern Erie County, with the help of many!

Featuring **Mary G.** as our banquet speaker, the current (Interim) Executive Director of **Al-Anon Family Groups, Inc.**, a former long-time Western NY and District 12 member, who has served as GR, DR, Chairperson of the WNY AIS, Newsletter Editor for NYN, Chairman for NYN, Delegate for NYN, WSO Trustee (Conference Chair, Literature Chair, Policy Chair, Chairman of the IAGSM, International Coordination Committee Chair, Member of Finance Committee) and member of the WSO Executive Committee

the **Golden Years:**



The lamp of knowledge

Celebrating

50 Years of **Serenity** through **Self-Discovery!**

To be held at the **Millennium Hotel** Buffalo, located in Cheektowaga NY 14225

Room rate: \$147.88 (\$130 plus \$17.88 (13.75%) tax per night), extra nights same rate

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

Right next to the Thruway (I-90) and Galleria Mall, and only 2 miles from the Amtrak passenger station in Depew NY if you prefer a relaxing train ride instead of driving!

nynafg2017springconvntnbuffalo@gmail.com



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