

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

Inside This Issue

Topic: Easy Does It

Table of Contents:

- 1 Area Delegate
Mission Statement
- 2 Area Delegate cont'd
- 3 Area Delegate cont'd
Newsletter Editor
Convention Coordinator
- 4 Alternate Delegate
Literature Coordinator
- 5 Web Coordinator
District 18 News
- 6 NYN AFG 2020 Spring
Convention and Assembly
- 7 District 17 One Day of Al-Anon
- 8 District 25 Day of Sharing
- 9 Circle of Hope Day of Sharing
- 10 Subscription Form
- 11 Contacts

Newsletter Editor Pat H.

Proofreaders: Jack H., John O.

Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Area Delegate

(Editor note: this is a summary of some of the information from Molly's report - refer to website for full report)

2019 World Service Conference Theme

“Action Is Attraction – There Is No Growth in the Comfort Zone”

WSO’s Annual Report Is Now Trilingual!

Check out the *2019 World Service Conference Summary* (P46) available in English, Spanish and French.. To read the complete report of the 2019 Conference a printed copy of the 2019 World Service Conference Summary is available to order through the online Al-Anon store.

Index of Chosen Agenda Items--1976-2019

Did you know that all 59 editions of the *World Service Conference Summary* are posted and available for free on the website? That’s right— from the first Conference in 1961 to the latest Conference in 2019!

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

The annual World Service Conference is Al-Anon's largest group conscience. When we talk things over and reason things out, we are able to keep the message of help and hope clear and consistent and share the program of help and hope with families and friends of alcoholics everywhere.

Blog:

WSO (World Service Office) is pleased to introduce a blog for members to share their experience, strength, and hope on a variety of topics. This month we're asking you to share your favorite Al-Anon spiritual principle and why it is special to you. New topics will be added each month! This feature is for all members.

Here is the link:

<https://al-anon.org/for-members/members-resources/member-blog>

Open or Closed:

The Al-Anon Meeting type designation, which previously referred to whether the meeting was open to visitors or closed to attendance by members only, often confused members and newcomers. It has been replaced by the term *Meeting Attendees*, and the options have been changed to "*Families and Friends Only*" and "*Families, Friends, and Observers Welcome*".

The Forum Book (working title)

Following discussion, a motion was made, seconded and carried to explore alternate methods for sharing *Forum* articles selected by members as favorites in a more financially responsible medium rather than publishing a book. This information was then presented to the Board of Trustees. This motion passed unanimously.

Use of Drug Addiction in Public Outreach Materials:

The WSO receives requests to review public outreach materials on an ongoing basis. Lately, many of the posters and flyers submitted are including the words "drug" and "drug addiction" in addition to "alcohol" and "alcoholism." While the efforts are well-intentioned, members are urged to keep Al-Anon's Twelve Traditions in mind when communicating with the public.

2020 World Service Conference

The 60th Annual World Service Conference has been scheduled for Monday, April 20 through Friday, April 24, 2020 in Virginia Beach, Virginia. The Annual Open Board of Trustees Meetings will be held the afternoon of Friday, April 24th.

Theme has been announced,

Dreaming Big with 20/20 Vision

Within NY North

Meeting aligned outside its District and or Area

Boundary: I've been contacted by Jeffrey F, Panel 58 Delegate of the Pennsylvania Area. "... a meeting in the PA Area has requested changing to the NY North Area. The Attitude of Gratitude meeting located in Little Meadows, PA 18830 is requesting to be in NYN District 10 (Apalachin, NY). The Pennsylvania group records coordinator has been in contact with Valerie and others at the WSO. It is our understanding that the Assemblies for both Areas need to consent to the meeting being associated with a district outside its Area in order for it to be moved. I believe the group request is due to its location very near the New York border. I believe this group is currently participating in the NYN District. Pennsylvania will be presenting this at their Assembly on August 16th - 18th. If you think this is a possibility and are willing to present at your next Assembly, we will continue to move forward. Let me know what you think. "

I contacted Cerise from District 10 and she is aware and has the contact info for this group. At the AWSC meeting in August we asked District 10 to have a district conscience on accepting this meeting into their district and if approved place a motion on the Fall 2019 Assembly agenda to accept this meeting into our NY North Area and notify Pennsylvania AWSC and WSO of the outcome.

Election Assembly 2020 It's coming!
The next Fall Assembly is the NY North Area's election assembly. It is scheduled to be hosted by District 18 on Sept 25 – 27, 2020, at the Comfort Inn and Suites, North Syracuse. Are you ready for service on the Area level? Don't know? Check the NYN web site nynafg.com, look on the Area Information & Forms menu for the WSO & NYN Forms for the *AI-Anon Service Resume*. Fill it out. You may be surprised. Go under the NYN Policies and Guidelines Menu and find *NYN Area Officer/Coordinator Service Positions - Updated 11/2017*. What job is speaking to you? Look at who is holding that position now and ask them any questions you have.

I cannot fully relate the joy, the knowledge, the relationships that are there for you.

Thank you for letting me serve NY North.

Peace,
Molly C.
Delegate Panel 58

Newsletter Editor

I'm sorry I missed the Assembly, I'm sure you all had a wonderful time. I was away for two weeks and now am trying desperately to get back into a routine.

There isn't too much for the newsletter this month, but I'm sure you all got informative reports from each of our trusted servants during the Assembly.

Easy Does It is easier said than done! I need to remind myself to slow down and things will get done. If I get too much going at once I tend to fall apart and not do anything.

In Service,
Pat H.

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

Spring 2020 Districts 22 & 8
May 29-31, 2020
Hilton Garden Inn
Troy, NY

Fall 2020 District 18
September 25-27, 2020
Comfort Inn and Suites,
North Syracuse

Spring 2021 [Could this be your District?? Please think about it. You don't have to do it alone, you have the Experience, Strength and Hope of NYN.](#)

Looking for host for 2021. Please ask your district if they are willing to host a Convention/Assembly. Time seems to be flying by and 2021 will be here in no time.

Yours in Service,

Kevin M. convention@nynafg.com





Alternate Delegate

The *Forum* needs sharings on Sponsorship, both as an Al-Anon sponsor, and/or an Alateen sponsor. Please think about this.

" Easy Does It" is a slogan I use in my daily life. Sometimes when I think about it my next thought is why do today what I can do tomorrow. Sometimes I may push myself too hard. I have used it often in the last eight years. When my spouse passed away, I had to realize that one person can only do so much in a day's time. I cannot do as much as the two of us did. It is the same when you are married to an active alcoholic. You cannot take care of your obligations and his too. This slogan is a good reminder for me because last weekend was NYNAC and this coming weekend is the Fall Assembly. I need to transition and get ready. I have known people who work in classrooms who teach this slogan and a few others to their students, to help them to handle tension in their daily lives. The students do not need to know where it came from to use it in their lives. " When I am trying too hard to change things, when I forget to let go, when I demand too much, too soon , of myself and others, I'll ask God to remind me that "Easy Does I"t." ODAT (*One Day at a Time*)

Helen H.

Literature Coordinator

As summer gives way to fall temperatures and the changing of the leaves, I hope everyone has enjoyed a rewarding and prosperous time of year. I have been able to accomplish a number of projects around the house while focusing on my own recovery program. Life is good, and I have Al-Anon to thank for it.

The opportunity for growth in my program has been bountiful. I continue to attend the Alateen Interest Group meetings on Zoom, and I have had the chance to participate in several forums on AFG Connects. I know that we often hear the phrase, "I got busy and I got better." That has certainly been true in my case.

The topic for this issue is Easy Does It. I have had to reconfigure my lifestyle since retirement, and those three simple words have even more meaning now. When I was working and in crisis due to my son's addictions, I had no clue how to take it easy. I was moving at warp speed, spinning my wheels every step of the way while trying to solve his and the rest of the world's problems. It was insane!

Since I have entered the rooms of Al-Anon, I have come to appreciate that simple mantra and just relax and savor every moment. I know that my Higher Power is watching over me, reminding me to let go and let Him take care of the details. I have since realized how that phrase can be so beneficial and helpful to me, if I take it to heart and apply it to every day of my life.

I look forward to seeing everyone at the Fall Assembly this September. I hope all is well, and I continue to pray for the best for my Al-Anon family and friends.
With love and gratitude,

Mike R.

Web Coordinator

NYN WEB ADDRESS - nynafg.com

While volunteering at the NY State Fair, I had opportunities that service usually provides me, I spent my volunteer time with a new friend that shared her experience, strength and hope as I did mine. We answered questions from both members and non-members who wanted to know more about our program, the same as we accomplished on our NYN Website.

I am from District 21, who with District 4 hosted the Fall Assembly and we hope you all enjoyed a weekend full of business and fellowship. One year from now I hope there will be a member that will stand up for the New York North Web Coordinator position. If you have any questions, please contact me.

I continue to respond to Contact Us messages, post events to our NYN Calendar and work with the Group Records Coordinator on meeting information and updates. Our Officer and Coordinator Reports can be found on our NYN Website at <http://www.nynafg.com/news.html> NYN Newsflash.

There was no Web Committee meeting at the Fall Assembly.

Easy Does It has been the best slogan for me, especially in my service positions. I get anxious about performing to expectations and can complicate even the smallest task. It helps me to breathe and ask myself the questions, "what is my part and what is my next step. This slogan keeps me from overwhelming thoughts and feelings.

Nancy P.

District 18 News

Hello friends! This is to remind you that our next District 18 meeting will be a week from this coming Sunday, September 8, 2019 at 6:00 pm at the Fellowship Hall, 135 Walters Drive, Syracuse, NY 13206 (Eastwood) just prior to the 7:00 pm Fellowship Sunday Al-Anon Meeting. We will be going over the agenda for the 2019 New York North Area Fall Assembly Meeting being held on September 21, 2019 at the Comfort Inn and Suites on Buckley Rd. in North Syracuse. We will also be holding elections for District 18 Representative, Alternate District Representative, Secretary and Treasurer and we will begin to plan the 2020 District 18 Day of Sharing which will be held in May 2020 in Fayetteville.

I hope to see you all there.

Love in Al-Anon,
Jim M.
District 18 Secretary

SENDING DONATIONS TO NYN

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

***Make payable to: NYN Area Assembly
P.O. Box 2183 Syracuse, NY 13220***

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

Save the Date

**NYN AFG 2020
Spring Convention & Assembly**

May 29-31, 2020

"Embracing Change"



"Discovering Choices"

**Hilton Garden Inn
235 Hoosick Street
Troy, NY 12180**

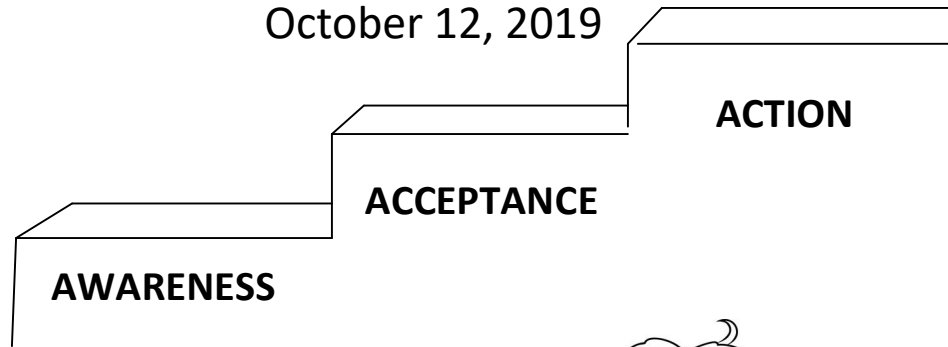
STEPPING UP TO SERVICE

NYNAFG District 17

49th Annual One Day of Al-Anon



October 12, 2019



United Presbyterian Church
186 Main Street, Randolph, NY



Registration 8:30 - 8:55 AM

9 AM - 10 AM. Newcomer Panel

10 AM - 11 AM. Longtimer Panel

11 AM - 12 PM. AA Panel

Lunch. Bring a dish to pass

1 PM - 2 PM. Double Winner Panel

2 PM. Main Speaker

Suggested donation \$5.00

Group Raffle Basket

50 - 50 Raffle

Just for Tonight

An Al-Anon Day of Sharing –
Hosted by District-25

Saturday, October 12, 2019

10 a.m. to 2 p.m.

Fairport United Methodist
Church Basement
31 W. Church St.

\$5 Donation

(if you can't afford it, please ask)

Schedule

10 a.m. Meet/registration/hospitality
10:15 Welcome & warm-up
10:30 Choice: Writing & Acting Workshop
Or Traditional Al-Anon Group
11:45 Pizza & Salad Lunch
12:45 p.m. AA & Al-Anon Speakers
1:15 Skit (from morning workshop)
1:45 Announce Basket & Raffle winners

There will be Baskets, 50/50 Raffle & Literature Table

Newcomers Welcome

*Any questions?
Please contact: Sally*

Circle of Hope Al-Anon Family Group presents

Fall Into Change

How the Serenity Prayer effects positive change in our lives

Fall Day of Sharing



Saturday, October 26, 2019

St. Paul's United Methodist Church
2200 Valley Drive
Syracuse, NY 13207

9AM-3PM

Order of Events

9:00 - 9:30 AM Registration and Breakfast
(suggested donation of \$3.00)

9:30 - 10:30 AM Panel Discussion

A.A. - - Franklin J.

Al-Anon - - Karen K.

10:30 - 10:45 AM Break

10:45 - 11:45 AM Craft Activity or
Al-Anon Meeting

What you need to know!

Parking is in the back of the building.

Please use main door at rear of building to enter.

Breakfast menu: Yogurt, fruit, donuts, hot cider, coffee and teas

Lunch menu: Hot soups, chilis, bread & butter along with various
casserole bakes.

Coffee, water, hot and cold teas.

Pies and various desserts

Raffle tickets for baskets and 50/50 will be available at event.

Questions: Contact either: Deborah B. or Nancy V.

11:45 - 12:00 Noon Break

12:00 - 1:00 PM Lunch

1:00 - 2:30 PM Speakers

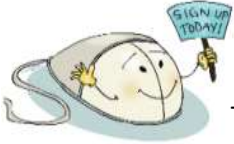
Alateen - - Max E.

A.A. - - Marianne G.

Al-Anon - - King L.

2:30 - 3:00 PM Drawing of baskets, raffles,
50/50 raffle





NORTHERN HIGHLIGHTS SUBSCRIPTION FORM

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

All AI-Anon members are encouraged to subscribe to the Northern Highlights electronically.

There is no cost for an electronic copy.

Is this ___ a new subscription

___ renewal

I would like ___ a paper copy mailed to me (please consider a \$10 donation)

___ NHL e-mailed to me (no cost)

Name of person receiving NHL _____

E-mail address _____

Mailing address _____

City _____ State _____ ZIP _____

If Group Subscription

Group Name _____

WSO # _____ District # _____

Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 2183, SYRACUSE, NY 13220

For address changes or updates

Mail to: Group Records, 5082 Clifton Dr., N. Syracuse, NY 13212

Or e-mail: records@nynafg.com

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

<u>Delegate</u> Molly C. delegate@nynafg.com	<u>Alternate Delegate</u> Helen H. altdelegate@nynafg.com	<u>Immed. Past Delegate</u> Diane C. ipd@nynafg.com	<u>Chairperson</u> Ruth S. chairperson@nynafg.com
<u>Treasurer</u> Pam A. treasurer@nynafg.com	<u>Alateen</u> Sandy A. alateen@nynafg.com	<u>Secretary</u> Kathleen M. secretary@nynafg.com	<u>Convention</u> Kevin M. convention@nynafg.com
<u>Group Records</u> Patti M. records@nynafg.com	<u>Literature</u> Michael R. lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>Public Outreach</u> Connie D. po@nynafg.com
<u>Presentation</u> Danae K. presentation@nynafg.com	<u>Web Coordinator</u> Nancy P. web@nynafg.com	<u>Newsletter</u> Pat H. newsletter@nynafg.com	<u>Alateen AMIAS</u> Mary D. amias@nynafg.com
<u>Archives</u> Susan J. archives@nynafg.com	<u>Panel 52 Past Delegate</u> Ruth S. Delegate52@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. Delegate49@nynafg.com	<u>Panel 46 Past Delegate</u> Robert M. C. Delegate46@nynafg.com
<u>Panel 43 Past Delegate</u> Connie D. Delegate43@nynafg.com	<u>Panel 40 Past Delegate</u> Anne F. Delegate40@nynafg.com	<u>Panel 37 Past Delegate</u> LaVaughn R. Delegate37@nynafg.com	<u>Panel 34 Past Delegate</u> Sherry B. <u>Panel 31 Past Delegate</u> Arlene M. (Deceased)
<u>Panel 28 Past Delegate</u> Mary G. mgregory@roadrunner.com	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com	<u>Panel 4 Past Delegate</u> Helen S.



Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212