



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

**Inside This Issue**

Topic: Thankfulness

Table of Contents:

- 1 Area Delegate
- 2 Area Delegate cont'd  
Alternate Delegate
- 3 Chairperson  
Newsletter Editor  
Archives
- 4 Treasurer Report
- 5 Web Coordinator  
NYN Alateen Coordinator  
Convention Coordinator
- 6 Literature Coordinator  
District 21 Annual Day of  
Sharing flyer
- 7 District 23 Day of Sharing  
flyer
- 8 2019 Spring  
Assembly/Conference flyer
- 9 Contacts
- 10 Mailing/Subscription

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

# Northern Hi Lights

*Al-Anon News from New York North Area*

## Area Delegate Panel 58

Hello NYN,

I need to send out this notice to all of you because I've been out of contact. I missed the 2018 Fall Assembly due to travel plans made two years ago, before I accepted the position as Delegate. My trip was a marvelous thing - touring picture-postcard Ireland the first week and then visiting relatives and their neighbors in their 200+ year cottages, pubs and farms the second.

What I did not anticipate was coming home and falling ill. I have not been able to do any work until this week. I apologize to all who may be waiting for replies to emails or any other contacts attempted. I am just starting to get things in order. I will try to catch up and get back to you as soon as possible.

I am heading a Thought Force on whether NY North needs a "Do Not Refer/Re-Refer Policy" and if so what should it look like. I'm looking for Thought Force members – Group and District Reps, Coordinators, or any Al-Anon member who has an opinion or experience with Al-Anon Groups where you would not send a newcomer. This is a thinking group not a doing group. Do we need this kind of policy? If so, what should it look like?

*(cont'd next page)*

### Mission Statement

**Northern Hi Lights** is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate, Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. *Northern Hi Lights* is not copyrighted. It is not conference approved literature. Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com. When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 Service Manual). **Announcements should be submitted at least 6 weeks before event.**

**Subscriptions: Suggested donation of \$10/year when possible (see back page):** All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

**For more information visit the following websites:**

**New York North:** [www.nynafg.com](http://www.nynafg.com)

**WSO:** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

(Area Delegate cont'd)

I plan on starting with the KBDM –Knowledge Based Decision Making tools available on our web site.

[http://www.nynafg.com/area\\_info.html](http://www.nynafg.com/area_info.html) Spring Assembly 2013 - KBDM Instructions | KBDM Questions | KBDM Footnotes.

Also I'm working on preparing a District Representative Orientation for new DRs in NY North similar to the New GR meeting at each assembly. All former and current DRs : What do you wish you had known in the beginning? I'd love your input on what to include. If you want to join this committee or have any input, please contact me through the NY North website.

Ruth, our Chairperson, sent me the "Ask It Basket" questions:

1. "How was your trip to Ireland?"  
See paragraph one.
2. "How many groups are in NYN?"  
As of August 2018, there are 355 groups in New York North with 7 new groups registered since January 2018.
3. "How do you do it? Your report was thorough, phenomenal & very uplifting. I felt this was a good support to my serenity."  
Thank you. I pray A LOT!

Thank you NY North.  
Peace,  
**Molly C.**

**Submissions for December Northern Hi Lights**  
Due by: November 15  
Topic: Believe in Yourself

## Alternate Delegate

Hi friends,

By the time you read this I will have registered my first group as the Alternate Delegate. It is located in Saratoga Springs at the Healing Springs Community and Outreach Center @ 125 High Rock Ave. I just realized that's all the information I have at this point. I will update you more next month. Those of you that are able to, please stop by the meeting and welcome them if it is on a day that is convenient for you.

*The Forum* can always use sharing each month, especially about the 3 Legacies. Do you know that by contributing articles to the Forum, you could be contributing to Al-Anon newsletters published around the world?

The topic is thankfulness. I am thankful for both of my husbands. If the first one had not had a drinking problem, I would not have gotten in the program, where I met my second husband. I would also have continued to have a self-righteous attitude, and not made amends to my step-mom. This was especially important because she passed away seven years ago. Thus, I do not need to live with that guilt.

I am very thankful for all the other person's who have had this position before me. They all kept copies of the work they performed, which I have been able to peruse for ideas. I am thankful for the notebooks and the rest of the material in the box from John O., especially the envelopes with which I am able to mail the Forum to the new group. I am thankful for all the people, who encouraged me to fill out the resume.

Yours in Al-Anon Service,  
**Helen H.**



# Chairperson

Dear NYN Friends,

The Fall Assembly on September 22 was a very productive assembly. We covered a lot of ground and a lot of topics. Among other things the budget for 2019 was approved as was NYN's donation to the WSO.

NYN was able to fill the vacancy for Alternate Delegate/Forum Coordinator. There were a couple of people who stepped up and submitted a resume. In the end Helen H. from the Syracuse area was elected. The Assembly voted to purchase Liability Insurance for the Area. Not only will this cover NYN activities such as Assemblies and AWSC meetings but it will also cover registered meetings within NYN. This is great as more and more locations are asking groups for liability insurance coverage.

Right now I don't have all the details about how to obtain verification of coverage but I should know shortly. When I do, the information will be posted in *Northern Hi Lights*.

We were not able to vote on the revised Alateen Guidelines. Before the Area can do so they must be approved by the WSO. The revised guidelines have been sent to the WSO but as yet have not been returned. Once they are returned they will be posted on the website and also published in *Northern Hi Lights* for review. We will be voting on them in the spring.

One piece of business that was not planned on was the resignation of our current AAPP, (Area Alateen Process Person) Mary Beth G. Due to health reasons she and her husband will be relocating. Her resignation will be effective 11/1/18. This is a fairly new position in NYN and Mary Beth is the first person to hold this position.

NYN is now looking for a replacement for Mary Beth. The full job description can be found on the NYN website under Area Information and Forms. Among other things the AAPP will need to do the following:

- Certifies new AMIAS via WSO process
- Files and retains all AMIAS paperwork
- Re-Certifies all current AMIAS yearly
- Registers all new Alateen groups
- Files and retains GR-3 for Alateen groups
- Updates information on Alateen groups.
- Purges inactive AMIAS paperwork
- Purges inactive Alateen group paperwork
- Works closely with NYN Alateen Coordinator
- Cooperates with NYNAC Coordinator
- Takes part in all WSO Alateen Conference Calls

This gives you an idea of the job duties. I am hoping there is someone out there who might find this service

position interesting. If you are interested please contact me at [chairperson@nynafg.com](mailto:chairperson@nynafg.com).

Gratefully in Service,

**Ruth S.**

# Newsletter Editor

I hope everyone is enjoying the crisp Fall air we've been getting lately. Fall always seems to be a reflective time - thinking about what we did all summer and planning for the upcoming holidays.

I am eternally thankful for my family that gives me such joy (most of the time). They are always there in the good times and bad times. There are so many things to be thankful for, being able to enjoy another day, watching the birds at my birdfeeder, enjoying my grandchildren, etc., etc.

I am also very thankful for Al-Anon. It has provided me the serenity I need when things are not going so well. It is so nice to be able to share joys and sorrows with other members and know that we are all on this crazy rollercoaster called life together.

May everyone enjoy the upcoming holidays with peace and serenity.

**Pat H.**

# Archives

Hello NYN,

I am visiting the archives boxes of NYNorth. I think, "what am I doing?"

That could make the old me panic and want to throw in the towel. Today, I think this is an awesome experience, and I am so filled with thankfulness of the 12 steps and the people helping me through.

I am Thankful to have this opportunity to grow and learn in my ability to organize and prioritize.

I am Thankful I have the ability to ask for help, guidance and resources.

I am Thankful that my life is filled with wonderful people and I will do my best to practice the principles of this program in all my affairs.

Thank you for being patient and kind.

Yours in Service,

**Susan J.**

## Treasurer

NYN AREA ASSEMBLY		
SEPTEMBER 2018 FINANCIALS		
Receipts	Group #	
Tuesday Noon AFG	65578	\$50.00
District 10	Dist 10	\$100.00
Sidney AFG	???	\$10.00
Thurs Night Al-Anon Survivors Plattsburg	502903	\$50.00
Angola Awakening AFG	30615135	\$25.00
Keep it Simple	66096	\$15.00
Next to New - Dist 8	???	\$25.00
Hope for Today - Bloomfield	502565	\$20.00
Growing Circle AFG	???	\$10.00
Task AFG	9640	\$50.00
Hope for Today - Bloomfield	502565	\$20.00
Faith Group- Cicero	9679	\$24.90
Serenity Seekers	30576552	\$25.00
Cortland AFG	9696	\$50.00
Peterboro Group	???	\$12.00
District 23	Dist 23	\$100.00
Healing Circle	???	\$39.18
District 3	Dist 3	\$100.00
Courage to Change Monday	63806	\$25.00
Queensbury	9763	\$30.00
East Amherst AFG	9711	\$50.00
Hammond AFG	30686322	\$20.00
Northern Hi-Lights		\$20.00
<b>Total</b>		<b>\$871.08</b>
Expenses		
AAPP	Ck# 1400	\$46.00
AWSC Meeting Expense	Ck # 1401	\$50.00
NYNAC Coordinator	Ck# 1402	\$46.00
NYNAC Coordinator	Ck# 1403	\$135.00
State Fair - IPD	Ck# 1405	\$14.50
Immediate Past Delegate	Ck #1405	\$14.55
Public Outreach Coordinator	Ck# 1406	\$66.00

Chairman	Ck# 1404	\$9.18
Fall Assembly Trusted Servants Rooms	Ck# 1407	\$1,869.00
<b>Total</b>		<b>\$2,250.23</b>

**Pam A.**

### 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*





# Web Coordinator

Our Fall Assembly last month was my first convention as Web Coordinator. I prepared by reviewing all the technology that I would be using to display the assembly reports and two PSA videos. I also wrote my report and created a hat depicting the action verbs in the Web Coordinator job description. I read and learned even more about my service position as I prepared for the Assembly, than I already knew as part of the regular activities I do each month. I was very nervous as I prepared, believing that if I left anything to the last minute, "what could go wrong would go wrong". Friday night the Web Committee met. We did a card sort from the inventory of the current web site to place into the headings of our new webpage format. The morning of the Assembly I was as prepared as I could be for the day ahead and I let go of everything as I said a prayer for guidance. I felt confident with my sponsor and my service sponsor at my side throughout the weekend. I am very thankful for the gifts of service that come from my experiences in our "we" program of service, which puts into actions our steps, traditions and concepts.

**Nancy P.**

# NYN Alateen Coordinator

The Alateen Interest Meeting on Sunday, September 23<sup>rd</sup> was well attended. The 10 of us, covering 7 districts, had a conversation about the state of NYN Alateen and where to go from here. Although much was discussed we chose to investigate "Zoom Rooms" as our direction of action. This was wholly embraced by me because better communication (between Alateen groups and Alateen and Al-Anon Districts) is my focus for at least the next year.

NYNAC was October 5-7. I was able to attend the whole time. Much communication took place. Zoom was even mentioned during kick out.

We had our first "Zoom Room" Alateen Interest Meeting at 6:30pm on Monday October 8th. There were four of us who participated. As a result we are contacting Alateen Sponsors of groups that have teens to see how they might use Zoom with the teens. There are many possibilities!

We also heard three AMIAS (Al-Anon Members Involved in Alateen Service) are starting an Alateen group in Corning, District 11. Contact your DR if you'd

like to be of help (attracting teens or other related service).

Now for the topic: I am thankful for all the help I have been getting since I accepted this position. Al-Anon is "a way of life", not just a meeting I attend once a week. As I work my program, the meetings keep me on track. My attitude is fundamental. That attitude is one of gratitude. I am grateful for what I have and don't dwell on what I don't have. If I thank my Higher Power for all I get, I find I have all I need. More and more I'm discovering that even negatives contain gems of value that shine brightly.

Thank you Fairport, for a whole day of Al-Anon packed full of program, fellowship and great food.

In gratitude,  
**Sandy A.**

# Convention Coordinator

Hey NYN members,

Here are the upcoming conventions and host Districts.

- Spring 2019 Districts 29 & 25 -  
May 17-19, 2019,  
Rochester, New York
- Fall 2019 District 21 - Comfort Inn and  
Suites, North Syracuse
- Spring 2020 Districts 22 & 8
- Fall 2020 District 18

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

Yours in Service,

**Kevin M.**  
convention@nynafg.com



## Literature Coordinator

I hope everyone is enjoying the changing of the leaves and the seasons while journeying on their own paths to recovery. I am back in the swing of things this fall, and despite the busy nature of my schedule, I can always find solace in a meeting.

I have been working with several members to coordinate an initiative to bolster attendance for Alateens in our respective areas. Betty, Sandy, Maggie, and I participated in a conference meeting using the Zoom app, and that was a neat way to stay in contact from across the miles that separated us. Our group will be reaching out to other interested participants to see what we can do to spread the word and invite teens to a meeting. We will keep you posted on our efforts.

This month's topic is "Thankfulness." I am so thankful for so many things, many of them because of my involvement in Al-Anon. I have been able to reconnect with my estranged son, and our relationship has been the best it has been in years! I am thankful for my family and friends in the program, who have encouraged me to be the best I can be by living the Al-Anon Way of Life. Thanks to so many people in the program, I have found serenity and bliss in a way that was once unimaginable. My service in the program has been a blessing to me as well, as I have made so many new acquaintances through the AWSC meetings, Assembly, Conventions, and AFG Connects. I am truly blessed, and I show my thankfulness to my Higher Power with my words and actions.

I hope everyone has a blessed fall and winter, and I look forward to seeing you at the Spring Assembly in Rochester (if not before then)!

With love,  
**Mike R.**



**AL-ANON**  
**District 21's Annual Day of Sharing**  
**Oswego, Fulton, Mexico, Oswego County**

**Hand in Hand, Heart to Heart**



**Saturday, November 3, 2018**  
**9:00 AM - 3:00 PM**

**All Saints Episcopal Church**  
**149 South 1st & Academy Streets,**  
**Fulton**  
**(Enter the side of the building)**

**Program includes: Guest Speakers,**  
**Raffles and Literature**

**Suggested Donation \$5.00**  
**Teens free**

**Includes morning snack and lunch**

District #23  
AFG Day of Sharing  
**November 10, 2018**

Happy .....Joyous..... & Free



Speakers

Fellowship

Raffles

Fun

Tea Luncheon

@the Dale Association

33 Ontario Street

Lockport, NY

Parking in Rear

Use Alley Door for entrance

Registration @ 9:30am

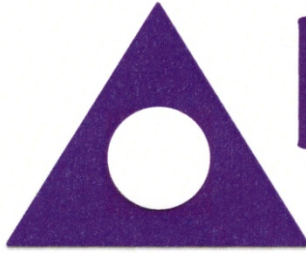
Program starts @ 10:00 am

Donation \$5.00 US

Bring a dish if you wish

A basket with a theme would be a dream





# Recovery

## ROOM TO BLOOM



**NYN AFG Spring Assembly/Convention**

**Hosted by Districts 25 & 29**

Al-Anon & Alateen Convention with AA Participation

**May 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup>, 2019**

**Room Reservation Deadline is Friday, April 26<sup>th</sup>, 2019 - Room Rate:** \$109 + \$15.26 (tax) per night.

**For reservations call (585) 359-1800** (mention NYN AFG for rate) **Check in:** 3:00 p.m. **Check out:** Noon

**RIT Inn & Conference Center**, 5257 West Henrietta Rd., Rochester, N. Y. 14602, [www.ritinn.com](http://www.ritinn.com)

Come early & visit the lilac festival [www.rochesterevents.com/lilac.festival/](http://www.rochesterevents.com/lilac.festival/) (Same rates apply)

**\*Alateens must have notarized permission slips/medical release forms and adult supervision\***

### NYN AFG 2019 SPRING ASSEMBLY/CONVENTION REGISTRATION FORM

Name: \_\_\_\_\_ Street: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Phone Number: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Early Registration (before 4/15/19) .....	\$25 _____
Late Registration (after 4/15/19) .....	\$30 _____
Alateen Registration: .....	\$12 _____
Banquet Buffet: (Deadline 5/1/19) .....	\$35 _____
Donation for Hospitality (optional): .....	\$ _____
Total Enclosed:	\$ _____

- Are you a Group Representative? \_\_\_\_\_
- Are you a District Representative? \_\_\_\_\_
- Are you registering as Al-Anon \_\_\_ Alateen \_\_\_ AA \_\_\_
- Are you here to attend the Convention? \_\_\_\_\_
- Are you here to attend the Assembly? (GR's, DR's, Officers, Coordinators) \_\_\_\_\_

**Make Checks Payable to: NYN AFG 2019 Spring Assembly/Convention**

**Mail to: NYN AFG 2019 Spring Assembly/Convention**  
35 Orchard Park  
Phelps, NY 14532

**Questions:** [seneca1671@gmail.com](mailto:seneca1671@gmail.com) or call 315-754-0173



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



### Northern Hi Lights Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs.

**Make checks payable and mail to:** NYN Area Assembly, PO Box 2183, Syracuse, NY 13220

All AI-Anon members are encouraged to subscribe to the *Northern Hi Lights* electronically; just e-mail your request with your name to: [records@nynafg.com](mailto:records@nynafg.com)

If you need a hard copy, please check type of subscription: ( ) group or ( ) individual; ( ) renewal or ( ) new

Name \_\_\_\_\_ Title (GR, Sponsor, Individual, DR, etc.) \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Address \_\_\_\_\_ Phone ( ) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If Group Subscription, Group Name \_\_\_\_\_

WSO# \_\_\_\_\_ District# \_\_\_\_\_

If sent to address other than above, please include that name and address, WSO#, in writing on another piece of paper. Mail address changes and updates to: Group Records, 5082 Clifton Dr., N Syracuse, NY 13212

or Email: [records@nynafg.com](mailto:records@nynafg.com)

*Northern Hi Lights*  
5082 Clifton Dr  
N Syracuse, NY 13212