

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

Inside This Issue

Topic: Compassion

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area



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

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

Alternate Delegate

The sharing for this month is about compassion. This is something I learned through the program. I am so thankful that I did. It helped me to understand my parents better, especially my step-mother. I had a huge resentment toward her when I started this program. Eventually after talking to her as a friend, I found it necessary to make amends to her. My father was not the "angel" I imagined him to be. I only knew his "good" side, that I saw when I came to visit. When I became honest with myself, I had to admit that I was definitely the "brat" she said I was. She loved my father, and his 4 "wonderful" children enough, to allow 3 of them to come live with them and, also went to work to help us to live a comfortable life by helping to earn the support money. After coming to the program, I often heard that most people who are living with an active alcoholic, do the best they can considering the circumstances under which they live. That certainly applied to her. Thus, after developing some compassion for her, I was able to forgive her for her actions when I was growing up.

Compassion helps me to understand sometimes why people say and do the things they do. As I have often heard, how can you understand another person until you have walked the same path they walked. Once you do, you usually develop compassion for them. Compassion is what keeps me going to meetings each week. I hope by attending meetings and sharing my experience, strength and hope that I will be able to help them in some way.

Helen H.

Chairperson

Dear NYN Friends,

The Fall Assembly was a very good one. A lot of good work was done during the assembly. The speakers after the banquet and on Sunday morning were great. I want to thank Districts 21 and 4 for all their hard work. I also want to thank all those who attended and hung in there as the afternoon wore on. We did a lot of good work for the Area during a very long day.

You can check with your GR (Group Rep.) or DR (District Rep.) for details of the day. The biggest piece of work was the passing of NYN's revised Alateen Guidelines. This has been quite a process, it has been worked on for over 3 panels, with many people involved in its final revision. I was so glad for all the input and discussion over a number of assemblies.

I am really glad that it has now passed. Hopefully NYN will not have to work on revisions for a long time.

As I said earlier there was a lot of business worked on during the assembly. We were not able to get to all the reports that were scheduled. One of those was the report on the Area inventory that was taken at the Spring Assembly. The inventory is done once every 3 years at the 2nd Spring Assembly/Convention of each panel. It is done to assess our Area's character defects. What needs to be improved and to take action. This has been a part of the Area policies since May 18, 2002. It can be a great tool to help keep our area healthy.

I was a little disappointed with this inventory. While I don't know the final number of how many attended the Assembly, I do know there were 83 Officers, coordinators and voting members at the assembly based on the roll call.

Of those 83 people there were 21 inventories that were completed and handed in. That is about 25%. It really isn't a very good representation of the area. I'm not sure why the numbers were so low, I hope when the next inventory takes place many more members will get involved.

You can find the report on the inventory on the NYN website with other reports given at the assembly. I'm not going into each question in this article. I do think in looking at the numbers that all in all members feel that we are continuing to head in the right direction. One thing I did want to note was that many feel there is a need for more people to become involved in Service. That we all need to be encouraging and supporting new members to step forward. I hope that people will remember these thoughts next September when the Fall Election Assembly is held. There will be multiple opportunities to step up to Service at the Area level.

Gratefully in Service,

Ruth S.

Group Records

Well, we had a very busy and productive Fall Assembly. Much time was dedicated to a very few important topics. So I am answering a couple of questions from the Ask-It Basket that we did not have time for.

WSO has decided to change the group designations from "open" or "closed" to "For Friends and Family" and "For Friends, Family and Observers". This was done because many potential members using the "Find A Meeting" tool were confused by the old designations, thinking that "closed" meant that the meeting

no longer met or that they could not attend a "closed" meeting. The new designation choices are available on the Group Records Change Form but this information does not yet carry over to the "Find A Meeting" tool. WSO is working on this update and I will let you know when it is available.

The questions from the Ask-It Basket were...

How many "closed" meetings are there?

This information is not available on the Online Group records application that I use to update group records. When I am entering group updates I do see a significant number of groups labeled "closed".

Why shouldn't all Al-Anon meetings be "open"?

The decision to label a meeting "For Friends and Family" or "for Friends, Family and Observers" is a matter of group autonomy. When we are notified that these designations are available I would hope a healthy group conversation followed by a group conscience would be in order.

Our topic this month is "Compassion" and I'm really not sure what compassion is. I can't strive for compassion if I don't know what it is. When I don't understand a word often used in Al-Anon I find that the best way to achieve an understanding is to bring it up as a topic at one of my meetings.

So that's what I'll be doing tonight!

Yours in Service

Patti M.

Literature Coordinator

I hope everyone is doing well these days. Progress and not perfection is the best we can hope for.

As I have mentioned in previous issues, I continue to be a part of the Zoom meetings that are a part of the Alateen Interest Group. My contributions to the offerings on AFG Connects have been beneficial for my personal recovery, and I have been active in my district's outreach efforts through literature initiatives and PSAs.

The topic for this month's issue is Compassion. Before I entered the rooms of Al-Anon, I had none when it came to my son's addictions. I had run out of ideas to help him clean up his act, and the well of compassion had run dry. The only way I could deal with him was through isolation, self-denial, and resentment.

My program has helped me realize that everyone is entitled to a second chance. The door of opportunity has opened wide, and the relationship I now have with my son is a rewarding one for both of us. I can love him unconditionally and make peace with the past. The best is yet to come, thanks to the people in Al-Anon who have supported us every step of the way.

I hope you enjoy the days to come as we see the changes in the weather. Al-Anon is the one stabilizing force that we can all rely on one day at a time.

With love and appreciation,

Mike R.

Public Outreach

Hello NYN Family,

October Article

Another Assembly behind us, but our work is not done. The holidays will be coming around in full force. Let us remember what it was like to struggle with the family disease and needing hope and help.

At the Assembly, I shared about many opportunities to carry the message.

Our topic is "Easy Does It".

So there are ways to share our program that can fit into that category. I don't need to overpower anyone with piles of literature left in obvious places when trying to encourage a family member or friend to come to a meeting. It is not easy to 12 Step someone we are close to. Often it is listening and leading by example, rather than force feeding info. Sometimes an opportunity will come up and I have been able to share why I continue to go to Al-Anon ...because it has helped me to grow as an individual and to allow others to do the same. I don't need an hour long rant on how it works. Just be myself and keep the door open for questions.

There is a wealth of info available to all of us with the WSO news *In The Loop*. Anyone can receive the email twice a month by going to the WSO website and signing up. It's good to stay up to date on the latest news. There is so much more to the WSO website and to our NYN website. Do yourself a favor and go exploring. Bring what you find to your meeting and share with others, but

easy does it...no overloads.

WSO is always looking for members to share for the *Forum* and for *Al-Anon Faces Alcoholism* (AFAs). There are writing guidelines

for both found on the website. 2019 AFAs can be ordered anytime. The 2020 AFA will be out around January / February. It includes shorter, but more sharing from members in 2020, as well as sharing from professionals. This is an "Easy Does It" way to reach out. Provide a recent local schedule and the new *Fact Sheet for Professionals* (S-37E) with the magazine. Leave it with a professional person and remember to do a follow-up.

The new Public Service Announcements (PSAs) are out. If you see one or hear one, please take note and send a thank you to the station. It encourages them to continue to play the PSA. You can see them on the WSO website. The "Challenger" PSA took the best of the best from the three 20 Questions pamphlets. People seem to relate to many of the questions in the video more than they do one individual sharing a 60 second what helped them. Let me know what you think. You could use these 20 questions in outreach..."Easy Does It" and "Keep It Simple".

'Til next time...Easy Does it...But Do It!

November Article

It was good to see you at the Fall Assembly. I always appreciate seeing new Group Reps and to see Districts that usually have no representation having a voting member. Communication is an important principle of our program. I have struggled with that in trying to carry our public outreach information to the Area. Communication goes in both directions. I have compassion and empathy for those both in Al-Anon and those who haven't found their way to the rooms. I try

to reach out in gentle ways to others. My program has been a life-saver in so many situations. Feeling compassion as I see others struggle reminds me of where I used to be. I also remember the gentleness that others showed me when I was feeling unlovable. Let me give back the gift given to me.

New Al-Anon Faces Alcoholism 2020 will be available soon. As that is released, the 2021 issue will begin to be considered. They are especially looking for sharing from men. I know how difficult it was for me to reach out for help. Men are in the minority in our program. Sharing your experience, strength and hope could help them come to Al-Anon for help. The family disease affects all of us. There are sharing forms on the WSO website. Think about why you came to program and why you stayed.

The stretch between Fall Assembly and Spring Assembly and Convention is an important time to carry our message. Holidays are just around the corner. Be open to opportunities to leave information in public places. Is your meeting open on holidays? Sometimes families come together and visiting members need to attend a meeting. My home group meets on Thursday night. We have always had a meeting on Thanksgiving. Sometimes our topic after having a large meal is..."What do you feed your mind?" Let's offer hope, help and compassion.

Please let me know what you are doing in your groups and districts. Let's communicate.

Connie D.



Web Coordinator

www.nynafg.com

NEW YORK NORTH Al-Anon Family Groups

Al-Anon Information:
About Al-Anon
What is a meeting like
Frequently Asked Questions

12 Steps

12 Traditions

12 Concepts

Facts for the Professional

Find A Meeting

Northern Hi Lights

Events Calendar

Website Links

NYN Events - Spring Assembly/Convention

NYNAC

NYN Insurance Information

NYN NewsFlash / Meeting Information

WSO

Area Officers

Area Information & Forms

Contact Us

Site Map

For meeting information in the US and Canada, call WSO at 1-888-4AL-ANON (Between 8:00 AM and 6:00 PM ET Monday-Friday)

- NYN Website has an **EVENTS CALENDAR** on its home page, in which any groups in our area can list events ex.- Day of Sharing If you click on any event listed you will see the flyer associated with the event (if the group/district has sent the website a flyer). Our Spring Assembly can be found by choosing May 2020 then May 29,30,31 you will see the **SAVE the Date** flyer.
- Check out Area Information & Forms!
- Thinking of standing for a service position at the 2020 Fall Assembly? Find service job
 descriptions by clicking on Area Information & Forms and go to the heading NYN Policies and
 Guidelines then click on NYN Officer/Coordinator Service Positions.
- I was asked this month about NYN district boundaries on the New York map. You can find this under Area Information & Forms under NYN District Maps/District Boundaries.

Remember that **Contact Us** is the place for questions and feedback.

In service,

Nancy P.

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

More information on the Fall Assembly can be found on the New York North website under area events

(<u>http://www.nynafg.com/area_events_html</u>)

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

Yours in Service,

Kevin M. convention@nynafg.com



NYN Alateen Coordinator

There were several questions in the Ask-it-Basket about Alateen when the Fall Assembly ended. Here are the answers to those questions: The statistics come from the WSO. Every year the WSO gathers information about active Alateen groups via questions sent to all the CMAs of Alateen groups. Member count is one of the stats. The member count of the 18 active NYN Alateen groups as of August 2019 runs from 0 to 8. Two of those groups were registered this spring and are in the process attracting members. Yes, some of the Sponsors have attended the Zoom meetings. The most recent one was a training session on Sunday, September 22. If you are interested in AMIAS training, please contact me by phone or email (alateen@nynafg.com).

As Alateen Coordinator, I have been in face- to- face contact with about 20 of the 30 Sponsors during NYN Assemblies, NYNAC, and Days of Sharing. Other times I've communicated thru phone calls and "snail mail" with several others.

The Zoom AIMs will be held monthly according to the Monday, Thursday, Saturday rotation October 2019 through April 2020 - Except December-no meeting.

Since I missed the October topic: Al-Anon is an EASY DOES IT program. Nothing happens on the spur of the moment or even in several months. It takes a lot of sharing, communication, and dotting i's and crossing t's. In other words KBDM (Knowledge Based Decision Making). Sometimes I forget this and I try to get ahead of this time tested process.

In gratitude,

Sandy A.

District 18 News

Hello friends! This is to remind you that our next District 18 meeting will be held on Sunday, November 17, 2019 at 6:00 pm at Fellowship Hall in order to plan the 2020 Day of Sharing and to receive a report on the 2019 Fall Assembly

I have attached a copy of the agenda as well as the minutes of the September 8, 2019 meeting and the flyer for the District 18 Day of Sharing, the Circle of Hope Day of Sharing, The District 21 Day of Sharing Flyer, and the flyer for the moving of the Temple Concord Friday Noon Meeting on November 1, 2019.

I hope to see you all there.

Love in Al-Anon, *Jim M.*

Newsletter Editor

Sorry I missed everyone at the recent Assembly. I'm sure it was wonderful and much was accomplished.

If someone shows kindness, caring, and a willingness to help others, they're showing **compassion**. This is a word for a very positive emotion that has to do with being thoughtful and decent. Our sponsors are very compassionate people. I hope we all show compassion in welcoming a new person into our meetings.

In Service,

Pat H.



District 21's Annual Day of Sharing

Hand in Hand, Heart to Heart



Saturday, November 9, 2019

9:00 AM - 3:00 PM

new location: First United Methodist Church

1408 Rt. 176, Fulton

(across from school, parking in the rear)

Program includes:

Guest Speakers, Raffles and Literature

Suggested Donation \$6.00

Teens free, includes morning snack and lunch



ATTENTION ALL AL-ANON'S!!!!

WE'RE MOVING!!

AFTER MANY YEARS AT THE TEMPLE CONCORD ON 910 MADISON ST.

ROOM 14 IN SYRACUSE, NY,

THE FRIDAY NOON TEMPLE CONCORD AL-ANON GROUP

IS MOVING

TO THE BISHOP HARRISON CENTER

(BEHIND ALL SAINT'S CHURCH)

STARTING FRIDAY, NOVEMBER 1, 2019

ON FRIDAY NOVEMBER 1, 2019 AT NOON WE WILL START MEETING IN THE MARTIN LUTHER KING ROOM AT THE BISHOP HARRISON CENTER ON 1342 LANCASTER AVE, SYRACUSE, NY 13210.

THE MEETING IS ON A CENTRO BUS LINE.

AND IS WITHIN THE CITY OF SYRACUSE.

BISHOP HARRISON CENTER

1342 Lancaster Ave

Syracuse, New York 13210

TEMPLE CONCORD AL-ANON MEETS AT 12:00 PM - 1:00 PM

QUESTIONS??? Call Bill P. 315-438-4279

ATTENTION ALL AA'S AL-ANON'S & ALATEENS!!

DISTRICT 18 Presents

An Al-Anon Family Groups Day of Recovery



"The Family in Recovery"

SATURDAY March 7, 2020 9:00 am - 3:00 pm

Immaculate Conception Church
Dwyer Hall
400 Salt Springs Street
Fayetteville, New York 13066

Featuring AA, Al-Anon, and Alateen speakers and events

Raffle, 50/50 and Al-Anon and Alateen Literature

POT LUCK LUNCH

Hot Beverages will be provided.
(Please bring a dish to pass)

Doors open at 8:30 AM, coffee served

Donation: \$3.00 Al-Anon and AA, or \$5.00 per family,

Alateens: Free

Proceeds from this event to support the District 18 Treasury and G.R. Fee Assistance for the 2020 NYN Spring Convention

QUESTIONS? Contact: Jim M.
315-491-5954 or
sponsorjim@yahoo.com

Take Rte. 5(East) into village of Fayetteville.
Road continue on Rte. 5 past Lyndon Corners about 1/8 mile into the village of Fayetteville.
There will be a Speedway Station on your left.
Bear right at the small park in the center of the intersection. Proceed through the next light and continue on Salt Springs Rd. The driveway entrance to the church will be on your right approximately 0.6 mile. Follow the long driveway. Parking will be available in the front or in the back.

Please Join Us

Are you troubled by someone's drinking? Have you been embarrassed or hurt by a drinker's behavior? Do you feel there is no one that understands your problems?

Strength and Hope

Al Anon Family Group

TUESDAYS

7-8 PM

ST. JOE'S OUTPATIENT CLINIC 190 MAIN STREET TUPPER LAKE, NY TUPPER LAKE, NY

In Al-Anon, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

for more information contact: bonnie @ 518-524-7279

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

NYN AFG Convention & Assembly 2020

"Embracing Change" - "Discovering Choices"



Friday

7pm New District Rep Meeting

8p Icebreaker - Open to all

9:15pm Al-Anon/Alateen

3pm-9pm Registration

Dinner on your own

8pm AWSC Meeting

9:15pm AA Meeting

Meeting

May 29-31, 2020

Hosted by Districts 22/7/8



Hilton Garden Inn 235 Hoosick St., Troy, NY 12180 Hotel Reservations

Room Reservation Deadline: April 29, 2020

To make room reservations call (877) 782-9444 troy.hgi.com
Ask for New York North Area Convention Assembly 2020 for courtesy rate.
Room rate: \$129 plus 11% tax - - \$143.19/per night tax included
Check in: 3pm Check out: 12 noon

Meeting Schedule and Events

Saturday

8am New Group Rep Meeting
9:15am - noon/1:15pm-5pm
Assembly Meeting
9:30am-11:45am/1:15pm-3:30pm
Al-Anon/Alateen Panels
Noon - 1:15pm Lunch on your own
6:30pm Banquet
8pm Speakers

9:15pm Serenity Walk 9:30pm Al-Anon/Alateen Meeting 9:30pm AA Meeting

Sunday

8am Alateen Interest Meeting 9:15am Summary of weekend Spirituality Panel

Raffle Tickets may be purchased throughout the day. Assembly members should purchase at lunch break. You must have tickets in baskets by 4pm. Winning numbers will be posted by 4:30pm.

Convention & Assembly Registration Form Name _____ Questions: Call District

Name			
Address _			
City			
State, Zip)		
Phone			
Email			

Please make checks payable to:
NYN Spring Convention & Assembly 2020

Mail Registration Form and Payment to: NYN 2020 Spring Assembly PO Box 1162 Clifton Park, NY 12065

3				
Questions: Call District 22 Hotline 518-744-9231				
Al-Anon Registration before April 29	\$20			
After April 29 and at the door	\$25			
AA Registration before April 29	\$20			
After April 29 and at the door	\$25			
Alateen Registration ***	\$12			
Saturday Banquet Reservation by 4/29	\$36			
Hospitality Donation				
Total Enclosed				

*** Alateens must have adult supervision, notarize	:d
parental permission slips and medical release	
forms.***	
Is this your first Al-Anon Convention? Assembly?	
Are you a new Group Rep? District Rep?	

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 <u>a donation of \$10 per year for a paper copy is</u>

<u>suggested</u> to help pay production costs.

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

There is no cost for an electronic copy.

Is this a new subscription						
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would like a paper copy mailed to me (please consider a \$10 donation)						
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Name of person receiving NHL						
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Mailing address						
City State ZIP						
If Group Subscription						
Group Name						
NSO # 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.

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Panel 43 Past Delegate Connie D. Delegate43@nynafg.com	Panel 40 Past Delegate Anne F. Delegate40@nynafg.com	Panel 37 Past Delegate LaVaughn R. Delegate37@nynafg.com	Panel 34 Past Delegate Sherry B. Panel 31 Past Delegate Arlene M. (Deceased)
Panel 28 Past Delegate Mary G. mgregory@roadrunner.com	Panel 25 Past Delegate Marcia J.	Panel 22 Past Delegate William S. Wrsill533@aol.com	Panel 4 Past Delegate Helen S.

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

Submissions for December Northern Hi Lights

Due by: November 15
Topic: Forgiveness

Northern Hi Lights 5082 Clifton Dr N Syracuse, NY 13212