



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

Inside This Issue

Topic Just for Today

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Alternate Delegate

I want to remind you that *The Forum* is written by members for members. With the Holidays (Christmas, and /or Hanukkah) coming, *The Forum* makes a great gift for anyone in the program. My first subscription came from the neighbor who had introduced me to the program, who was like a Sponsor to me.

Just for today is a great topic. The bookmark and pamphlet are both thought provoking. I try to remember to live my life only one day at a time. I often do this by making a checklist for each day to keep myself on track. I have always tried to be as happy each day as possible, because feeling miserable does not improve my outlook on life. I know that the world was not created for me, so I have to adjust to the world as it exists. Sometimes reading the local newspaper requires concentration to understand it. I try to help people to the best of my ability. It is very difficult to not let my feelings show, but I do my best each day. I have always "worn them on my sleeve" but I hope I am getting better. I try to dress well most of the time. I work daily not to criticize others and let others make their own mistakes, so they can learn from them.

(cont'd 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

(cont'd from page 1)

Experience is a wonderful teacher. I often have to “bite my tongue until it bleeds”, so I say nothing. I try to use my program as often as possible, as it is a 24hour/7 days a week program, not just when I am in the Al-Anon rooms. Often, sitting quietly for a half hour can be the amount of time it takes to get me “back on track”. Enjoying nature when you are outside gives you a real appreciation for our Creator. When I am driving, I often look around at my surroundings to see the natural beauty of this earth, even in the winter if the roads are passable and can be driven on safely.

Helen H.

Chairperson

Dear NYN Friends,

This is my last article for the Northern Hi Lights. I can't believe that in a few short weeks my term as Area Chairperson will be over. The past 3 years have flown by.

The officers and coordinators of Panel 58 were a great group of men and women to work with. Because they all did their jobs so well my job was an easy one.

Yesterday was the transition meeting. Current and incoming officers and coordinators met to exchange materials needed for the job and learn about details of the job. It was a small group as many chose to meet in smaller groups at different times.

I met with Carol C., your new Area Chairperson as of 1/1/2021. I had 3 boxes of materials and files along with 3 bags of materials to pass on to her. The most important knowledge I could pass on was that as chair you just need to let your officers and coordinators do their jobs. When they do theirs, yours is easy.

It has been my privilege and honor to serve Al-Anon at the Area. Level.

Gratefully in
Service,

Ruth S.



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Web Coordinator

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Just for today, I am thankful for:

- Every time our Newsletter Editor Pat, was gracious enough to take a late article from me for the next New York Northern Hi Lights
- The experience to serve you all once again at the area level
- The guidance of my sponsor who guides me with so much love and experience
- The guidance of my service sponsor sharing experiences and hopes in serving Al-Anon
- Every one of the officers and coordinators that worked with me to answer “Contact Us” messages sent to our NYN Website from members and non-members
- The communication with our Group Records Coordinator when updating the “Find a Meeting” pages making sure the information she had in her records was the same posted to the website
- Being blessed with good leadership from our officers

- Al-Anon allowing me to grow, make mistakes and use my program in a service position beyond my home group
- My home group who always is supportive of service, rotation of service and our group

This month the Website is seeing changes in meetings due to Covid-19 schedules. At the end of this month, I will be transitioning information and equipment to Ellen who begins as Web Coordinator in January 2021.

This is my last Newsletter article as Web Coordinator, and I want to wish Ellen and all the new Officers/Coordinators the best in the next three years in their service to New York North.

Nancy P.

Convention Coordinator

Greetings, NYN members,
Here are the upcoming conventions and host Districts.

- **Spring 2021:** District 22– May 14 – 16, 2021, Hilton Garden Inn, Troy, NY
- **Fall 2021:** District 18 & 10 – Sept 17 – 19, 2021, Comfort Inn and Suites, North Syracuse

Still looking for hosts for 2022 and beyond. Without you there can be no conventions/assembly. Please discuss this within your district. Hosting is vital to the health of Al-Anon in our area. It helps to carry the message to others, and to practice these principles in all our affairs.

Yours in Service

Kevin M., convention@nynafg.com



Literature Coordinator

The end of the year is fast approaching, and I think we can all agree it has been an extremely challenging one for all of us. I hope you have stayed safe and healthy as we have all jumped through the proverbial hoops of mask wearing, social distancing, and COVID-19 testing. My hope for everyone is that we can soon return to some degree of normalcy in the New Year.

This month's topic is "Just for Today." I do not think we could have chosen a more appropriate idea to explore at this uncertain time in our lives. I think that my fear and apprehension about my son's addictions and its effects on our family run neck and neck to this pandemic and its ramifications for the planet.

I thank my Higher Power for watching over me, my family, and my Al-Anon Family Group in New York North. I can take one day at a time and just plan for today; that is the best I have ever done, and the best I can do as we move forward into 2021.

Prior to entering the rooms of Al-Anon, I was obsessed with managing every aspect of my son's life. I was confident that I could cure him of his addiction to drugs and alcohol, so I projected what I needed to do today, tomorrow, and every day down the road. I soon learned that it was impossible to do, and that is when I came across that simple phrase – "Just for Today."

Now, ten years later, I take each day as a blessing from my Higher Power. I focus on the present, and let the future fend for itself. I enjoy the benefits of my life with gratitude and appreciation. The good and the bad go hand in hand, and that is okay, because I have the power of the program to sustain me.

I wish everyone in our fellowship the best as we move forward into the New Year. I hope all is well, and continues to be well, in our journey forward toward serenity.

With love and thanksgiving,

Mike R.



Group Records

Just for Today...I feel that this topic is especially meaningful to me right now.

Often I feel lost and lonely, longing for the times (not that long ago)when I could sit in a close circle and share with my friends at a meeting. When I could freely give and receive hugs. When I could attend an Assembly spend time with old friends.

JUST FOR TODAY I accept that I cannot see my friends face to face.

JUST FOR TODAY I accept that I should distance myself from those I care about.

JUST FOR TODAY I can remember that my friends are just a phone call away.

JUST FOR TODAY I can make a gratitude list to remind myself of all that is positive in my life.

JUST FOR TODAY I can enjoy the sun and the rain.

JUST FOR TODAY I will remember that tomorrow will come and until tomorrow comes I will do my best to enjoy what I have today.
I can get through today...One Day at a Time.

It has been a wonderful 3 years in my position as Group Records Coordinator for New York North. Thank you to all for giving me this amazing growth opportunity.

REMINDER: If your meeting place requests a Certificate of Insurance (COI) or an updated COI from your group please submit your request through the NYN Group Records Coordinator. (please do not contact the insurance company directly). The form to request a Certificate of Insurance can be found on our web site at NYNAFG.com. If you have any questions please contact the Group Records Coordinator at records@nynafg.com.

Until we can hug again!

Patti M.

NYN Group Records Coordinator



AAPP

Listen and learn is a source of gratitude for me.

In Al-Anon I have learned that if I mind my own business and listen to those around me I will have much gratitude.

Keeping my mouth closed and ears open allows options. I find that others have problems too. When I listen to others and how they use tools of the program to deal with their situations I learn that I am not the director, fixer or god of those around me. I can take what I want and leave the rest.

When I understand I have control only over myself I have much gratitude. Many gifts have been given to me in the Al-Anon meetings, conferences, days of sharing and sponsorship.

Being willing to listen has allowed me to understand unconditional love, compassion, detachment with love and sharing experience, strength and hope.

Happy holidays to all!

Mary D.





New Officers

REMINDER

Please remember to write an article for the February Northern Hi Lights newsletter.

Newsletter Editor

Ah, the final newsletter of my term. I will miss getting emails from all you wonderful people on Panel 58 . Please welcome Beth S. as the new Newsletter Editor. I'm sure she'll do a fine job. Please note that at the end of the newsletter - two things. Most important is the Help Wanted for a person to print the newsletter. Info is in the request. Second, I have added the incoming list of officers as (on page 9) as well as those of us for the remainder of December (page 8).

Have wonderful Holidays, however you celebrate. Just enjoy as we look forward to a different 2021.

Thank you for allowing me to serve.

Pat H.



PEACE

Public Outreach

Here is a little explanation on how to share our outreach on social media.

“Our organization is mission-driven to provide help and hope to families of alcoholics. Now I am very active in social media, I 'like' our organization's Facebook pages. I have not revealed anything more than this organization I happen to feel is important. If I share a piece of the content; a picture, a post, a video - I only reveal that I find something interesting enough to share with my social network. I have not revealed anything about my Al-Anon membership. You can make any assumptions about me you like, but I have not expressed any information that would break my anonymity.

We are accustomed to speaking from our own point of view in meetings, but in public outreach the best way to speak without breaking our anonymity is to speak in the 3rd person, with factual statements - things anyone could find freely on our website. Al-Anon offers help to people affected by someone's drinking.

A way to share the video and provide a little context might look something like this. "The holidays can be a hard time for some. I'm sharing this video about families of alcoholics. Feel free to pass it on, so anyone who might need them can see this and get help."

I was able to share the content, provide a possible action for them to take without breaking my anonymity.”

This year has been a “Just For Today” kind of year. I hope you all have remained well and using our program to deal with the difficulties we are facing. Thank you for allowing me to serve over the past three years.

I look forward to supporting our new panel of officers and coordinators. Lynda S. is stepping up for this position. We transitioned materials and she is excited to start in January.

Be well and be safe, just for today. Together we can make it.

Love in Service, **Connie D.**

Some Final Thoughts

Alcoholics just have their powerlessness visible for all to see. The rest of us disguise it in different ways and overcompensate for our more hidden and subtle addictions and attachments, especially our addiction to our way of thinking.

- Richard Rohr

Forgive others, not because they deserve forgiveness but because you deserve peace.

Unexpected blessings of Al-Anon (from members at a Day of Sharing)

- *we know we have help*
- *look for the positive*
- *meet others who understand*
- *speak up for ourselves*
- *closer relationship with God*
- *take away resentments - feel something other than anger at the alcoholic*
- *check motives/examine ourselves*
- *more understanding toward our alcoholic*
- *paying attention to others*
- *don't always take things personal*
- *patience*
- *calmer perspective*
- *peaceful*
- *introspective - look at ourselves*
- *think more clearly*
- *give up expectations/control*
- *improved relationships*
- *stop giving advice*

Help Wanted

I've been reminded about rotation of Service, and agree it's time for someone else to step up and print and mail *Northern HI Lights*.

I've been using the same simple printer for probably 7 years, and have learned a few tricks that I can pass on, along with the printer and some supplies, to my successor.

It takes me probably three hours a month at the most. Part of that is just waiting for the printer to finish 49 copies. I then staple a corner, fold them, add labels, stamps, and two mailing seals to keep them from unfolding. Then, I just put them in my mailbox for the mail carrier to take to the Post Office. There is no deadline for mailing them. If I'm a few days behind in mailing them, it's okay.

I charge \$1 per copy that more than covers costs, as compared to almost \$5 each, which was quoted by a commercial printer.

Anyone interested can reach me by contacting Pat H., the newsletter editor.

John O.





NORTHERN HI LIGHTS SUBSCRIPTION FORM

There is no charge for a subscription to the Northern Hi Lights 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.

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PANEL 61 2021-2023

**Submissions for
February
Northern Hi Lights**
Due by: January 15
Topic: **Choices**

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