

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

**Inside This Issue**

Topic: ***Count Your Blessings***

Table of Contents:

- 1 Area Delegate
- 2 Area Delegate cont'd  
Alternate Delegate
- 3 Chairperson  
Public Outreach
- 4 Web Coordinator  
NYN Alateen Coordinator
- 5 Literature Coordinator  
Convention Coordinator
- 6 Newsletter Editor  
Group Records Coordinator
- 7 Treasurer's Report
- 8 2019 Spring  
Assembly/Conference flyer
- 9 Contacts
- 10 Mailing/Subscription

Newsletter Editor Pat H.  
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# Northern Hi Lights

*Al-Anon News from New York North Area*

## Area Delegate Panel 58

Happy New Year NY North! It should be a busy year. There are plenty of service opportunities for everyone in our fellowship!

I am still working on communication in my service and personal life. The Alateen Interest meetings held since last Fall's assembly, using a new teleconference technology, have been very successful in my opinion. Technology is on my list of Chosen Agenda Items for the World Service Conference (WSC).

I will be attending the 41<sup>st</sup> Annual NERD (North East Regional Delegates) meeting that is scheduled for March 8-10, 2019. The North East Regional Delegates represents the 12 areas in the NE USA to the WSC. It is an opportunity to network with other Delegates and mentor the newly elected Panel 59 delegates before the WSC.

*(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)

The WSC –The World Service Conference is April 12-19, 2019 in Virginia Beach. It will be my first time traveling by air alone.

The **How to Start an Al-Anon Group (G-12)** guideline has been updated and is available on the al-anon.org website under the "Members" tab.

Things for AFG groups and members to consider in 2019:

- **“The Benefits of Creating a Group Email Address”** – from the January 9, 2019 In The Loop, news from your WSO.
- **AWSC Meeting** is March 30, 2019 for all District Representatives, Officers and Coordinators of the NY Area Service structure.
- **NYN 2019 Spring Assembly/Convention May 17 - 19, 2019**– cut group expenses – find a roommate and a travel companion at your next district meeting. Registration form available at: [http://www.nynafg.com/area\\_events.html](http://www.nynafg.com/area_events.html). It is being held during the famous Lilac Festival in Rochester.
- **2019 New York State Fair** is from Wednesday, August 21 through Labor Day, Monday, September 2. – The Al-Anon Booth will need members to man the table for a 3 hour shift. Volunteer and get a free admission to spend another 9 hours enjoying the fair.

Peace NYN - Thank you for your help!

**Molly C.**

Panel 58 – We Participate!

## Submissions for March Northern Hi Lights

Due by: February 15

Topic: Let It Begin with Me

## Alternate Delegate

In early December, I welcomed one new group to New York North in Rochester which is part of District # 19. The meeting is Tuesdays at 7:30 pm at 1035 Dewey Avenue. If you are near there, stop in and support the meeting.

In addition to ordering your own personal subscription to *the Forum*, your group could order it and put it in the group's lending library, with the understanding that they will return it the following week. I went through a period in my life when I was the only person at the meeting, so I would read an entire Forum while I waited for my husband to finish his A.A. meeting. It was wonderful reading!

In order to count my blessings, I needed to think about my past life. As a child, I received hand-me-downs from others. When I became an adult, I had new clothes. One Sunday, I went to church with the wrong color shoes. That would not have happened as a child, because I would not have owned 2 pairs of identical shoes in different colors. During my first marriage, there was a time when the only thing I was able to pay was the rent, which covered utilities. When the creditors called, my reply was I will send you money when I get it, so they waited and eventually they got paid. Now I am able pay all my bills every month. I have been blessed beyond my wildest dreams as a result of this program and all that I have learned and experienced while I have been here. Daily we need to count our blessings!

**Helen H.**



## Chairperson

Dear NYN Friends,

Last month I wrote about NYN having liability insurance that was effective 11/7/18. At that time, I said that procedures to obtain a Certificate of Insurance would be forth coming. In early December I sent out an email to all NYN Officers, Coordinators and DRs with instructions on how to request a Certificate of Insurance with a copy of the form the insurance company requests to be used. I have had a few people contact me since then to request the certificate.

I am very happy to let you know now that both instructions and the request form are on the NYN website. If you visit [nynafg.com](http://nynafg.com) you will find a new category listed. It is on the far right side of the page, "NYN Insurance Information". Click here and it will take you to the instructions. At the bottom is a link to the request form. All your group needs to do is complete the form and return it to me, [chairperson@nynafg.com](mailto:chairperson@nynafg.com) or you can mail it (my address is on last page of the *Hi Lights*). I will send forms to our insurance agent.

Groups only need to complete the form if they are required to show proof of insurance. I am not sure how long the turnaround time is so please do not wait until the last minute.

This is not the final procedure. It will be discussed at the March AWSC meeting and evaluated. It will work for now.

The other item I wrote about in December was the need for a new **AAPP coordinator**. Mary Beth G. has moved to Delaware, she resigned as of 11/1/18. Walt S. has been helping complete these duties but this is NOT something he can continue with. **NYN needs to fill this position**. We all know how important Alateen is. Keeping records about those involved with Alateen and the Alateen groups is vital. You can find a full description of the AAPP position on the NYN website. Please read the description and think about stepping up to this service position. Talk about the need to fill this position in your group, at your district meeting and with your Al-Anon friends.

You can contact me at: [chairperson@nynafg.com](mailto:chairperson@nynafg.com)

Gratefully in Service,  
**Ruth S.**

## Public Outreach

Hello NYN Family,

A new year and new beginnings, one day at a time. Time to think about ordering more *Al-Anon Faces Alcoholism*. You can reorder online by February 6, 2019. Orders will be shipped by April 1. This is such an easy way to do outreach. Groups or individuals can take a copy (be sure to have local contact information somewhere on the magazine), include a schedule and then follow up in a week or so. Ask if you can provide any other information. People to see could be doctors, lawyers, school counselors, ministers...and the list goes on. Don't forget libraries.

Last month, I listed a few projects that members have told me about. What are you doing in your District? It doesn't have to be a large project. If you are able to reach just one person, that is a success. Share with us what works for you.

March 4<sup>th</sup> is Lois's birthday. We are always asked to remember her and march forth carrying the message of hope. Leave a piece of literature in a public place. It could be a bookmark, a pamphlet or a *Forum* or *Al-Anon Faces Alcoholism*.

Before you know it we will be at our Spring Assembly and Convention. Bring your ideas with you. We can always use some of your creative thinking for new projects.

Counting our blessings...Each and every one of you, whether we have met or not, is a blessing. You help me learn and grow. You help me to step out of my isolation and step into service. I am amazed at all I am learning about myself. Thank you for the opportunities for growth.

Together we can make it,

**Connie D.**

WORRYING

does not empty tomorrow  
of its troubles -  
it empties today  
of its strength.

- Corrie ten Boon

## Web Coordinator

2019 is my second year as New York North Website Coordinator. I heard last week that resolutions can have a negative connotation if we fail to achieve our goals. It is better to have intentions rather than resolutions and to me that means I keep trying to achieve my goals. I might say - progress rather than perfection.

Some of my goals for 2019 are:

- to update pages in the handbook that are outdated or incorrect
- not procrastinate with my paperwork and organizing the information I keep on the activities of the website
- not to miss any deadlines for my articles in the *Northern Hi Lights*
- encourage more people to think about standing for this position in fall 2020
- encourage members to read the website and to email their questions and concerns to NYN contact us
- encourage Website Committee members to continue working toward NYN's new website

My service work has been an opportunity to grow in my program and learn new skills along with my fellow officers and coordinators. My blessings come from having a deep love for this program, its members and the hope that we can reach out and help family members suffering from the effects of the disease of alcoholism.

Grateful to be in service,

**Nancy P.**



## NYN Alateen Coordinator

We had our third NYN Alateen Interest Meeting via Zoom on December 10. We discussed possible uses of Zoom with Alateen. Betty will contact Sue P. at WSO to explain the secure nature of Zoom. We decided our Interest Meetings will be held on different days and times to better fit the schedules of more participants. The next meeting will be on Saturday, February 23 at 9am. All Alateen Sponsors and others interested will receive a link by email needed to attend. If you would like to join us, contact me.

One or two new Alateen groups are in the process of completing their paperwork and getting it okayed by WSO.

Western NY AIS has recently filled their position of Alateen Liaison. I had a phone conversation with Paulaya. She reported that Alateen groups in Hamburg and Williamsville are having some teens attend. Thank you, Lisa J. and Alateens from Kenmore for their support of the Williamsville group.

I AM SO BLESSED! I have too many blessings to count. Here are just a few of them ... The blessing of love from my Higher Power first came to me via my family of origin. Even though there was dysfunction due to alcoholism, I felt loved as I was growing up. Extended family was very important in my blessings at that time. At times of illness (both physical and mental) I experienced many blessings during and after the dark times. Since being in the program I am much more aware of these blessings.

With all my friends in Al-Anon and working my program, I am even more blessed with peace and serenity. I know I don't have to do anything by myself. It's all about my...  
Attitude and gratitude

**Sandy A.**



# Literature Coordinator

*(Article from December)*

I hope everyone is enjoying the seasonal changes in the weather these days. My travels have gotten interesting when faced with the plethora of temperature deviations and road conditions that plague my daily commute of ninety-two miles to and from school. As the saying goes, I take life one day at a time, sometimes one mile at a time!

Since our last conversation, I met again with the Alateen Interest group that has been using the Zoom app to communicate. It is interesting to sit in a meeting where I am hundreds of miles away from the other participants and still enjoy the cozy atmosphere of a gathering in the name of Al-Anon and Alateen. Things are moving forward, and we hope to share some of our findings at the Spring Assembly in Rochester.

This month's topic is "Believe in Yourself." Before Al-Anon, I doubted every action and decision that I made when it came to my son. I had lost my wife, and now I had only myself to depend on moving forward.

Once I found Al-Anon, I found solace and comfort in the presence of others. I could gain experience, strength, and hope by attending meetings. I could find my voice in my writing and in my participation in service. My program gave me the impetus to believe in myself. Recently, I finished my sixth book for the November Book Challenge; the title is ***Carrying the Message: Pictures That Tell a Story***. As you might guess, many of the pages connect to my personal journey from hopelessness and addiction to hope and serenity.

Thank you for giving me the chance to serve my fellow members in the program. I look forward to seeing everyone sooner rather than later.

*(Article for February)*

I hope everyone had a blessed holiday and are surviving the stormy weather we have been experiencing lately. Since the beginning of the New Year, I have been busy with a number of projects relating to Al-Anon. I was flattered to receive a letter from WSO informing me that a review I wrote for a new piece of CAL (Conference Approved Literature) had been included in the January 2019 issue of The Forum. As Literature Coordinator, I have participated in a number of forums on AFG Connects discussing matters relating to the new materials available to everyone. I have also been participating in a series of Zoom

meetings that service our Alateen groups in New York North. Finally, I published my sixth book on Amazon and Barnes and Noble entitled ***Carrying the Message: Every Picture Tells a Story***; a number of the photos have a personal connection to my recovery in Al Anon.

This month's topic is "Counting Your Blessings." Having just spent the holidays with my family and friends, I can attest that this has been a golden opportunity to examine my life since I entered the rooms of Al-Anon. During the dark years of my son's alcoholism and drug addiction, I did not have much to be thankful for. I cringed every time the phone rang, anticipating another trip to the police station or one more tale of woe and disaster. I was literally at my wit's end. My cup of endurance had run over, and I was a lost soul.

Now that I have enjoyed close to nine years of recovery, I can truly count my blessings. I can enumerate all the joys I have in my life now: a renewed relationship with my son, the closeness and affinity I have for my family, and the precious gifts of love and friendship I have acquired since joining Al-Anon. My time in service as a Group Rep., District Rep., and Literature Coordinator has been an invaluable tool by which I can give back what I have gained in Al-Anon.

Have a great winter season, stay warm and I look forward to seeing everyone at the Spring Assembly in Rochester.

With love and appreciation,

**Mike R.**

# 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

Saratoga/Albany Area

Fall 2020 District 18

Syracuse

Spring 2021 Could this be your District??

Please think about it.

Yours in Service,

**Kevin M.**

## Newsletter Editor

Count Your Blessings - boy, do I have a lot of those! I have sooooo many wonderful people in my life. My husband, my children and grandchildren, other family members and good friends. I can rely on any of those to help keep me on an even keel every day. And, especially my Al Anon friends. I look forward to meeting with them each week. I know they will be there no matter what (even in some of this crazy weather we've been having). It's always warm and cozy in our meeting room.

Keep the great articles coming. Remember that this is YOUR newsletter. People really do want to know what's happening "around town". And, as usual, if you have any suggestions to make this newsletter better, don't hesitate to let me know. There's always room for improvement.

In service,

**Pat H.**



## Group Records Coordinator

I'm sorry I haven't submitted anything in a while. Life sometimes becomes overwhelming and Al-Anon has taught me to take care of myself. But, as my life returns to normal, counting my blessings is exactly what I need to do right now.

Every dark cloud has a silver lining. And as my dark clouds drift away I realize how fortunate I am to have access to affordable health care. I am fortunate to have family and Al-Anon friends who were willing to be my "Uber drivers" when I couldn't drive myself. I learned that if I ask, help is available.

Al-Anon has taught me that if I can change my perspective just a little bit then my dark clouds release a shower of blessings.

**Patti M.**

# Treasurer's Report

NYN AREA ASSEMBLY		
OCTOBER 2018 Financials		
Receipts	Group #	Amount
Faith & Hope Group	030375	\$48.00
Evening Serenity	9676	\$20.00
Concord Group	6569	\$42.60
Friday Morning	9710	\$75.00
District # 22	Dist 22	\$50.00
Monday Sunshine	50288	\$20.00
A Better Life	0025635	\$25.00
Beginning Today Sat AM Buffalo	????	\$40.00
Bolivar Thursday Night	502378	\$25.00
Wed Lunch Bunch	9636	\$10.00
Experience, Strength & Hope- Rochester Tuesday	????	\$75.00
Growing Circle	063365	\$25.00
Live & Let Live	00503200	\$40.00
Member District 9	-----	\$20.00
Small Steps AFG	32360	\$27.50
Niskayuna	????	\$15.00
Group # 0032150	0032150	\$30.00
Scottsville AFG	????	\$100.00
Serenity at Noon	502088	\$10.00
Unknown Group- Rochester Area	????	\$84.00
Good Ol' Gang	030546	\$20.00
Queensbury AFG	9765	\$30.00
Progress not Perfection Sat.	30606210	\$39.00
Clifton Springs AFG	????	\$40.00
Jamestown AFG	9830	\$60.00
Stepping into Recovery Thursday St Anne's	????	\$35.00
Northern Hi-Lights		\$0.00
<b>Total</b>		<b>\$1,006.10</b>
Expenses	Ck#	Amount
Post Office Box	1408	\$112.00
<b>Total</b>		<b>\$112.00</b>

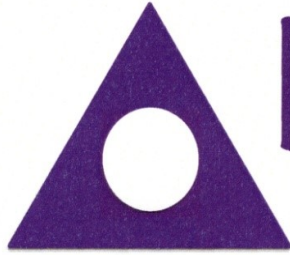
NYN AREA ASSEMBLY		
November 2018 Financials		
Receipts	Group #	Amount
Fayetteville AFG	9742	\$35.00
AFG Friday	9828	\$30.00
Friday Night Alive	37324	\$25.00
Tuesday AFG	066230	\$154.00
Calm in the Storm	30503839	\$30.00
AFG Group 9763	9763	\$45.00
Saturday Simple Beginnings	44964	\$55.00
Amherst AFG	9577	\$180.00
Group 064625	064625	\$25.00
Binghamton	09612	\$30.00
Penn Yan AFG	????	\$100.00
Serenity Circle	30521550	\$25.00
Canandaigua - Mon Noon	024271	\$50.00
Westender's	10326	\$6.00
Northern Hi-Lights		\$10.00
<b>Total</b>		<b>\$800.00</b>
Expenses	Ck#	Amount
Alateen Coordinator	1409	\$164.56
Newsletter Printing (Aug, Sept, Oct)	1410	\$139.00
Liability Insurance	1411	\$650.00
<b>Total</b>		<b>\$953.56</b>

## 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*



# Recovery

## ROOM TO BLOOM



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)



**Do you know whom to contact with an AI-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>
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<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