



Unity Through the Traditions
Service Through the Concepts

Inside This Issue

Topic: Hope

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

Hope is revealed to me when I am going through something challenging in my life. I will hear my Higher Power in the share of another Al-Anon member, in the words of a song, or the presence of a hawk. It reminds me I am not alone in my experience. Recently a beloved Al-Anon member of my home group passed away. In her presence I felt the abundance of peace, hope, and love no matter what was going on in her life. On April 14, I was feeling emotional at the loss of my friend. A little while later another program friend, suggested I read *Hope for Today's* reading for that day. She knows I am a random page reader and don't always read that particular reading of the day. As I read the page I knew she was being a messenger from my Higher Power. That reading brought me comfort and the sense that I am part of something bigger than me. I have found this huge family, and though we face conflict or may not always like one another, we love each other. We help each other become the best version of ourselves. For that I am filled with gratitude and hope for our future.

"Al-Anon has given me everything-the desire to live again, love for my fellow man, courage to face any difficult situation, the serenity it takes to accept certain realities and hope for the future." As We Understood...p.vi (p. 105 Hope for Today)
(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)

I also recently attended my first World Service Conference as your Delegate. I left this conference filled with hope. I learned so much about using the principles of our program in the decision making process. I met wonderful people from all over the world. We are working on making our organization more inclusive and trying to remove barriers to people accessing recovery. I can't wait to see your beautiful faces at our spring assembly to share some of the exciting things that happened at the World Service Conference, *Moving Forward with Unity, Courage, and Perseverance*.

Emily K.



Web Coordinator

Web Address: <http://www.nynafg.com/>

Hope

Hope is one of the greatest gifts of the Al-Anon program. I came into the program without very much hope. I felt broken, tired and desperate.

Over time, as I worked the program, I learned that chaos was not a requirement for living! I could choose to live differently. With the help of a Higher power I found a way to live with much peace and serenity.

I am now more confident in myself and I choose to go to a place of peace and serenity when I feel things getting a little chaotic. I am grateful for the tools of the program for helping me do that.

I hope that you can find peace and serenity too!

Yours in service,

Ellen V.

Newsletter Editor

The newsletter seems to be rolling along a bit more smoothly. Always some glitches to work through, but if we all work together it will be fine.

My many thanks to all who contribute. That's what makes the newsletter successful.

Hope is a beautiful word. We can see the hope in our fellow members eyes as they discover how helpful Al-Anon can be. It is the one place that I was able to see my way out of the darkness that surrounded me when I first came to Al-Anon. I could feel hope for the future as I was able to tell my story and listen to the other members tell theirs. What a blessing.

"Let me always be willing to lead a newcomer by the hand and bring to light the latent courage and confidence that exists in every one of us. Let me, in such sponsoring, help Al-Anon to produce still another miracle." (One Day at a Time, p. 94)

In service,

Pat H.

Archives

Hello to my fellow Al-Anon Trusted Servants and Members,

I have done nothing further on the Archives because my District (8), in conjunction with Districts 7, 22 and 24, are developing a new website and I am on that development committee. We are at the tail end of the work, but I am unable to move to the Archives until we complete our work and publish the site (1-2 months).

On the topic of "Hope", I would like to offer that by working of the Steps and Traditions, I have become hopeful of having less controlling behavior and, consequently, increasing my serenity. I love the awareness I have gained and continue to gain regarding intercepting my past default behavior and recreating myself. Life is so much easier when I keep the focus on myself.

Respectfully submitted,

Maria S.



Alateen Coordinator

Hope

One of the first gifts I received from the fellowship was hope. When I went to my first meeting and listened to the Chairperson read *"We who live, or have lived, with the problems of alcoholism understand as few others can,"* I began to feel that there was hope. My mind became willing to consider what has helped others could help me too. When I took the Second Step I continued to open my mind to the possibility of hope.

By completing a Step Four inventory with my trusted Sponsor, I have learned that although I have character defects, they don't outweigh my assets. I know that I will continue to grow as a person and I am hopeful that those around me are positively affected by my service.

The NYN Spring Assembly/Convention is on May 14. During the weekend, I will be chairing an Alateen Interest Meeting via Zoom. This workshop will give members the opportunity to ask questions and gather information about becoming an AMIAS (Al-Anon Member Involved in Alateen Service).

Alateen Update:

Alateen Interest Meetings (AIM) will continue to meet via Zoom each month. All registered AMIAS should be receiving meeting minutes and email invites to these meetings. If you would like to be added to the email list for future meetings I can be contacted at alateen@nynafg.com.

Al-Anon has helped me to learn that it is safe to hope, even to dream. I am hopeful that more members will step into the role of an AMIAS and that the number of Alateen groups/Group Sponsors in our Area will continue to grow.

Together We can Make It,

Mary S.

Public Outreach

It is so nice to see the better weather and discovering the flowers poking their heads out of the ground and giving everyone hope for the beauty of Spring and the warmer weather of Summer to come. By the time this article is published it will be close to our Spring Assembly where we will hear our Delegate's report after attending the World Service Conference (WSC).

It is great to hear the new information for us all that comes out of that Conference, which for me gives me hope for more ways we can reach out as a Fellowship to reach those still suffering from the effects of alcoholism. April is Alcohol Awareness Month but we can use this time to highlight an awareness of the adverse effects on the families and the support that can be found in Al-Anon.

One way members can do this is by sharing the WSO's social media content. When doing these social media posts during April please include #AlcoholAwarenessMonth, #Al-Anon, and #Alateen. Always remember to protect your anonymity by not sharing comments or using screen names that would reveal your Al-Anon membership. Another way you can help get the word out about Al-Anon is to donate your Al-Anon Faces Alcoholism (AFA) magazines to any place where people go for help.

Our Topic this month is Hope. What a perfect topic for me. I came into Al-Anon without hope and feeling like a complete failure. I am so blessed that my Higher Power was guiding me to Al-Anon so I could get the help I needed to start to put my life back together. This is the feeling I want to have available to any person who reaches out for help. It is gratitude in action, to give to others what was so freely given to me. Let it begin with me. When anyone, anywhere reaches out for help, let the hand of Al-Anon and Alateen always be there and let it begin with me.

Lynda (Lynn) S.

AAPP

HOPE *You gotta have heart, all you really need is heart. You gotta have hope, mustn't sit around and mope.*

So I always thought the song was you gotta have hope!! It's just one of those tunes that sings in my head with the words I apparently need.

You gotta have hope, mustn't sit around and mope. This sentence speaks al-anon to me. If I am feeling low or sorry for myself then it's time to call an Al-Anon friend. My sponsor used to say you'll get a ring around your butt if you sit there too long.

Hope is something you can't touch but it sure is something you can feel. Life is not measureable and hope is not measureable but when you have it you got it. In Al-Anon hope is vital. Hope is powerful. We need hope for ourselves and for the alcoholic. Hope gives us strength. We hope for the best to happen. We don't have the power but our higher power does. Willingness to have hope doesn't cost. It means releasing myself of the illusion of control and allowing hope for self and others.

Mary D.

Presentation Coordinator

I can't believe it's May already! Our first Assembly with Panel 61 will be held this month. I am looking forward to working with our new panel and getting to know everyone.

The topic this month is Hope. Before I came to Al-Anon I had no hope left in my life. My life was falling apart, my expectations of getting out of my hole of despair were gone. I was so hopeless that I seriously considered ending my life because I was sure that no one cared and there was no hope for a better life. But Al-Anon came into my life and gave me hope. I was no longer alone. There were people just like me and they had found a better way. There were people who listened and didn't criticize or judge. They didn't know me but I know they cared.

The people in Al-Anon saved my life. I now know that no matter how dark things seem that there is always light on the other side. And if I can't see the light, my friends in Al-Anon will help me find it. Al-Anon will always be a part of my life and I hope I can help someone else find a ray of sunshine where they thought there was none.

Patti M

Group Records

In *COURAGE TO CHANGE* there is a passage about HOPE that described my despair, prior to my discovery of Al-Anon. It said that living with alcoholism taught me to not HOPE for anything. Lessons in HOPE were too stressful and painful. I placed 100% of any HOPE in the hands of my alcoholic.

This was until I found Al-Anon. It was then I understood that my HOPE and happiness was my decision. My Higher Power guided me to discover that without HOPE I would lead a helpless, disappointing, self-defeating life, almost robotic in nature. When I started to take control and responsibility of my own life, my HOPE increased. I gave myself permission to HOPE for simple things within my reach. I also attribute this increased feeling to my spike in self confidence and spirituality gained as a result of my Al-Anon affiliation and working my 12 STEP program. HOPE is always within my reach.

"Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul". Samuel Ullman

Peace,

Joan L.

Treasurers Report

The new address for donations is: NYN Area Assembly, PO Box 64176, Rochester N.Y. 14624.

Since the last issue, I received a donation of \$45 from Keep It Simple, ID# 66096. That ID# really helps, since many groups use the same name.

Expenses were; \$95.02 for Secretary office supplies, \$500 Delegate , \$49 for print and mail of newsletter by me.

On the topic of Hope, that was my first gift from the program, and the one that kept me coming back. Although I read the literature each day, the meetings were the most healing. My recovery started late in life, but I am grateful for it. My life isn't perfect, but I seem able to cope with what is handed to me, and have hope for the future. I don't want to think where I'd be without this program.

John O.

Treasurers Report

These reports are from the previous Treasurer, Pam A.

July 2020

Receipts	Group #	Amount
Sherrill Hope	012096	\$50.00
Bayberry AFG	0010328	\$60.00
Queensbury Area - Cash	9763	\$15.00
Progress Not Perfection	30606210	\$10.00
Serenity Seekers - Rotterdam	30576552	\$25.00
Homer AFG	040863	\$80.00
Mexico AFG	0049865	\$25.00
Northern HiLights		\$0.00
Total Receipts		\$265.00
Expenses	Ck#	
Deposited check returned from bank		\$15.00
Returned Check Fee		\$18.00
Web Site Fees	1690	\$89.50
Total Expenses		\$122.50

August 2020

Receipts	Group #	Amount
Queensbury Area - Cash	9763	\$45.00
New Beginings Jamestown	39872	\$20.00
Tuesday AFG	066230	\$50.00
Pittsford area	064625	\$30.00
Lake Placid New Beginings	30718354	\$50.00
Peterboro Group	10188	\$36.00
Binghampton area	009612	\$15.00
Westenders	10326	\$6.00
Lake Placid New Beginings	30718354	\$10.00
Homer AFG	040863	\$80.00
District # 22	Dist 22	\$100.00
District # 1	Dist 1	\$25.00
Northern HiLights		\$17.50
Total Receipts		\$484.50
Expenses	Ck#	
None		\$0.00
Total Expenses		\$0.00

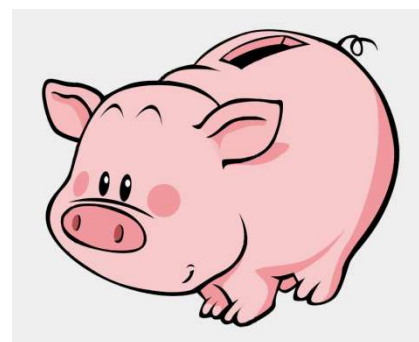
September 2020

Receipts	Group #	Amount
Monday 7:30 Courage to Change	63806	\$25.00
Personal Donation - MAC	N/A	\$75.00
Higher Power Hour - Western NY area	???	\$20.00
Legacy Study	42113	\$50.00
District # 1	Dist 1	\$25.00
Personal Donation - KW	N/A	\$25.00
Cortland AFG	09696	\$50.00
Group 40786	40786	\$50.00
East Amherst	9711	\$50.00
Queensbury Area Lake Placid New Beginings	9763	\$30.00
30718354		\$87.37
Northern HiLights		\$10.00
Total Receipts		\$497.37
Expenses	Ck#	
Deposited check returned from bank		\$80.00
Returned Check Fee		\$18.00
Newsletter Publishing July/Aug		\$49.00
Total Expenses		\$147.00

October 2020

Receipts	Group #	Amount
Just for Today -Alateen Sidney	??	\$4.00
Friday AFG	9828	\$30.00
Progress Not Perfection	30606210	\$30.00
Group 040786	040786	\$50.00
Westenders	10326	\$6.00
Amherst Tues Night	9577	\$100.00
Group # 10163	10163	\$40.00
Williamsville Tues Am Adult Children	31686	\$25.00
Courage to Change - Hudson	30691441	\$155.34
Baldwinsville Area	0032150	\$50.00
Tuesday Night Bemus Point	30524821	\$45.00
Thursday Hope AFG - Lockport Area	???	\$25.00
District # 10	Dist 10	\$100.00
Queensbury Area - Cash	9763	\$30.00
Live and Let Live	3051646	\$10.00
Northern HiLights		\$10.00
Total Receipts		\$710.34

Expenses	Ck#	
PO BOX 6 months rental Panel 58		\$67.00
Total Expenses		\$67.00
Receipts	Group #	Amount
Peterboro Group	10188	\$76.00
SOS Pittsford Area	064625	\$30.00
Thursday Evening Literature	305809	\$50.00
Serenity Seekers - Rotterdam	30576552	\$25.00
Wed AM Binghamton	9612	\$30.00
Fatih& Hope Rochester area	30375	\$10.00
Monday Night Courage to Change	051509	\$30.00
Oswego Monday Night	0010167	\$25.00
Keep It Simple AFG	?????	\$15.00
Clifton Park		\$15.00
Keep It Simple - Thursday Jonesville	66096	\$50.00
Parkside Steps	30623245	\$75.00
Northern HiLights		\$20.00
Total Receipts		\$436.00
Expenses	Ck#	
NYN Liability Insurance	1693	\$650.00
Public Outreach Literature	1694	\$64.00
Total Expenses		\$714.00





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.

All Al-Anon members are encouraged to subscribe to the Northern Hi Lights 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 # _____

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For address changes or updates

Mail to: Group Records, 135 Berry Road, Fredonia, NY 14063

Or e-mail: records@nynafg.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.

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<u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S.	<u>Panel 4 Past Delegate</u> Helen S.

PANEL 61 2021-2023

**Submissions for
June**

Northern Hi Lights

Due by: May 15

Topic: **Gratitude**

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NYN**

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DO NOT SEND CASH!!*

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

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