



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

Inside This Issue

Topic Understanding

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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area



PLEASE WEAR YOUR MASKS

Please remember to check ahead regarding all meetings since so many have been cancelled.

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



May 14, 2020

Dear Al-Anon and Alateen members,

On behalf of the Finance Committee, I am writing to inform you of the impact COVID-19 is having at the World Service Office (WSO). Since the start of the COVID-19 pandemic, donations and literature sales have decreased significantly at the WSO. I know many of you are experiencing similar situations at your home group, District, Al-Anon Information Service (AIS), Literature Distribution Center (LDC), or Area.

At the end of April, literature sales were down 75% and contributions were down 34% and we are projecting a \$1,600,000 operating deficit at the end of 2020. Given reduced revenues, the Board has approved a transfer from the Reserve Fund to the General Fund of \$250,000 to provide cash necessary for operations. Significant cost cutting measures have been implemented including elimination of Staff merit and cost of living increases for 2020; all Staff travel through the end of the year; and Board, Executive, and Finance Committee travel through the end of August.

Additionally, after prayerful consideration of our projected cash position, Staff furlough and layoff actions were taken Friday, May 1. All Staff who were impacted are eligible for the expanded unemployment coverage due to COVID-19.

Despite these actions, the WSO is doing business as usual, processing literature orders through customer service and shipping products ordered, fielding calls for public outreach and electronic meeting information, and keeping our presence known on social media and other services. To continue, we need your help. Some thoughts I have been having about Seventh Tradition donations:

- Do your groups, Districts, or Areas have money that was planned to cover Group Representative, District Representative, or Area officer travel which could now be donated because the District or Area meetings were held virtually?
- Is your group making announcements at your meetings to let members know they can go online and donate directly to WSO?
- How is your group handling the May Appeal Letter during this time of meetings happening virtually? Will it even be read?
- How can we keep the Seventh Tradition money flowing through the links of service from the groups to Districts to Areas to the WSO?

In the past, when members have been asked to help the WSO your response has been overwhelming. So once again we are coming to you. The pandemic has increased the incidence of alcoholism. The WSO would appreciate any contributions you and your group, District or Area can provide to help us continue to serve the families and friends still suffering in these uncertain times

Love in service,

Cathy T.

Treasurer

Al-Anon Family Group Headquarters, Inc.

Chairperson

Dear NYN Friends,

Well, time continues to go by and we still have more questions than answers with this virus that affects all our lives. I continue to use my program to the best of my abilities to live my life as best I can. I hear from so many members that one thing they are very grateful for is the fact they have this program now in these unsettled times.

Last month I wrote about how both the AWSC meeting and the Spring Assembly/Convention were being cancelled. Now we need to look at the AWSC meeting and the Fall Election Assembly. While we live "one day at a time" we still need to do some planning.

The AWSC will be held on Saturday, August 1st. How the meeting will be held is still up in the air. We do have a place to meet should we be able to physically meet.

NYN now has a Zoom account for Area business and we have a host for the meetings. She is Ellen V., from the Rochester area. She is working now on how we would be able to hold an AWSC meeting via Zoom. Among other issues how we would vote so that we have an accurate count.

We have some time before we have to make a decision on how we will meet. The important thing is that we will meet.

This brings us to the Fall Election Assembly. Again, we have the dates, we have the location. The host committee is still hard at work. We will hold an assembly but whether physically or virtual is not yet decided. Ellen's work on the AWSC meeting will help make us ready for the assembly should this be done virtually. There are many areas that are now holding their assemblies virtually. I'm sure that they will share their ESH on how it worked for them. Our Delegate, Molly, will be attending an area's virtual assembly at the end of May. She'll be sharing her experience.

I will keep everyone informed on what is happening with both the AWSC meeting on August 1st and the Fall Election Assembly.

All Area service positions will be up for election at the Fall Election Assembly. Our current terms are all up on December 31, 2020. Please consider standing for

a position, either officer or coordinator. You can find a description of all positions on the NYN website. There is also a resume form on the website. If you are thinking about a position please fill out the resume and send to me. While it is best if this can be done before the assembly it is not mandatory. The purpose of the resume was always to help candidates have a clear idea of what they are thinking about.

Gratefully in Service,

Ruth S.

Convention Coordinator

Greetings, NYN members,

Here are the upcoming conventions and host Districts.

- **Fall 2020** District 18 & 10
September 25-27, 2020
Comfort Inn and Suites,
North Syracuse
- **Spring 2021** Districts 22, 7 & 8
May 14-16, 2021
Hilton Garden Inn, Troy, NY
- **Fall 2021:** Could this be your District??
Please think about it. You don't have to do it
alone, you have the ESH of NYN.

Still looking for hosts for Fall 2021 and beyond. Without you there can be no conventions/assembly. Please discuss 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

*Authentic Spirituality is always
about changing you.*

*It's not about trying to change
anyone else.*

--Richard Rohr

Alternate Delegate

If you are not working at your job or at home or not being a teacher to your children, and you are looking for something different to do, you can submit a sharing to the *FORUM* magazine at **The Forum**, 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617 or at wso@al-anon.org with "The Forum" in the subject line or at al-anon.org/forumshare. They are always looking and could use sharings of all types and from all kinds of people. In the May edition, they wanted sharings on your experiences as a newcomer to Al-Anon. The sharing should be about 300 words. Describe what it was like before Al-Anon, what appealed to you in that first meeting, and what kept you coming back.

For the topic of the month, which was "understanding", the first place we are introduced to the word is in the welcome, where it states that, if we keep coming we will understand the problem of alcoholism. In the Third Step, we are introduced to the word as understanding our Higher Power as God as we understand Him and the last place we are introduced to it is in the Fifth Tradition, where it is stated that the one purpose of Al-Anon is to help families of alcoholics, by practicing the Steps ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to the families of alcoholics. With all that stated, what is understanding? I feel it is the knowledge of the disease of alcoholism and why they act in the manner they do. I gained more understanding through going to open A.A. meetings where I learned what it was like to be an alcoholic. The understanding of my Higher Power came when I stopped blaming God for the situation I was in. I was in that predicament because I had no backbone, and was accepting unacceptable behavior. God was not punishing me. God loved me, but allowed me to do things my way, until I decided to Let Go and Let God.

Helen H.



Newsletter Editor

As with everyone, things have come to a crawl. I am still able to participate in my weekly meeting via Zoom thanks to the generosity of one of our regular members being able to share her Zoom account with us. It seems so much more important to stay in some sort of contact with family and friends.

Understanding, this month's topic is interesting. The definition has some interesting points. It is the ability to understand something, comprehension. It is being sympathetically aware of other people's feelings; tolerant and forgiving. And having insight or good judgment. That sure covers a lot of territory. I know I can never fully comprehend or understand my beloved alcoholic's urge to drink. But, I can be tolerant and forgiving. This also spills over to my fellow Al-Anon members with whom it is much easier to be sympathetic to their situation since we are all in such similar places. We do understand each other unlike anyone who is not in this situation.

STAY SAFE

Pat H.

Literature Coordinator

Life is good, and Al-Anon is the reason.

This month's topic is Understanding. My late wife always referred to me as the "educated educator" who was "book smart" but "common sense dumb". When it came to my son, I had no clue how to cope with his issues, and my understanding (both intellectually and emotionally) was nil.

Now that I have ten years of Al-Anon under my belt, I have a better realization of understanding. I know that I was not responsible for my son's addiction and alcoholism, and I did not cause it, control it, or cure it. He had to learn to do it for himself, and my recovery was my own to pursue for myself. I now understand my son in my heart and in my mind as well.

I hope everyone has a wonderful summer. Enjoy the days to come, and know that Al-Anon will always provide you with the love and warmth that you need. Thanks for your support.

Mike R.

HELP WANTED !

For the 2020 New York North
Fall Election Assembly

September 25-27, 2020

at the Comfort Inn and Suites on
Buckley Road in Liverpool

Hosted by Districts 10 & 18

"Service Helps Me See 20/20"

Would you be interested in helping us out?
You and your group can help make a
difference

And, you get back much more than you give

*Volunteer for an hour or two for the following
areas (no registration required)*

Make a Theme Basket or donate an item for
the raffle which raises funds to help pay for the
event

Hospitality Room Volunteer to help with the
ongoing refreshments or donations of food
Registration Help register people Friday &
Saturday and meet your fellow Al-Anon
members

Literature Help sell Al-Anon and Alateen
literature and meet your fellow Al-Anon
members

Greeters welcome and help orient members
when they arrive on Friday & Saturday
Are you unsure of what you'd like to do but are
willing to help out? Ask any Committee
Member!

NO EXPERIENCE NECESSARY!!

FOR MORE INFORMATION, CONTACT

Jim M.

COMMON ACRONYMS WE USE

AAPP	Area Alateen Process Person
AFG	Al-Anon/Alateen Family Groups
AIS	Al-Anon Information Service
AMIAS	Al-Anon Member Involved in Alateen Service
AWSC	Area World Service Committee
CAL	Conference Approved Literature
CMA	Current Mailing Address
DR	District Representative
GR	Group Representative
ISR	Information Service Representative
KBDM	Knowledge Based Decision Making
LDC	Literature Distribution Center
NORTHERN	HI LIGHTS
NYN	NYN Newsletter
NYNAC	New York North New York North Alateen Conference
PO/CPC	Public Outreach/Cooperating with the Professional community
TEAM	Together Empowering Al-Anon Members
WSC	World Service Conference
WSO	World Service Office
NERD	North East Regional Delegates
ESH	Experience, Strength and Hope

Area Officers - Alternate Delegate,
Chairperson, Delegate,
Immediate Past Delegate,
Secretary, Treasurer

Area Coordinators - Alateen/AAPP, Archives,
Convention, Group Records,
Literature, Newsletter, NYNAC,
Presentation, PO/CPC, Web





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 **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 Highlights 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 _____

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If Group Subscription

Group Name _____

WSO # _____ 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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<u>Panel 28 Past Delegate</u> Mary G. mgregory@roadrunner.com	<u>Panel 25 Past Delegate</u> Marcia J.	<u>Panel 22 Past Delegate</u> William S. Wrsill533@aol.com	<u>Panel 4 Past Delegate</u> Helen S.

**Submissions for
July/August
Northern Hi Lights**

Due by: June 15
Topic: PERSPECTIVE

***SENDING DONATIONS TO
NYN***

*Please send by check or money
order.*

DO NOT SEND CASH!!

*Make payable to: NYN Area
Assembly*

PO Box 2183, Syracuse, NY 13220

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

Northern Hi Lights
5082 Clifton Dr
N Syracuse, NY 13212