



**Unity Through the Traditions
Service Through the Concepts**

Inside This Issue

Topic: Patience

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Newsletter Editor Pat H.
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Northern Hi Lights

nynafg.com

Al-Anon News from New York North Area

Delegate

Personal growth and recovery take time. As we venture into the growing season here in NY I am reminded of the “patience” of nature. Plants, like myself, want to grow. Al-Anon is cultivating my soil getting me ready for the seeds of change. My Higher Power decides what seeds will need to be nourished, and helps me recognize the weeds from the harvest. No growing season is ever the same as our environment is constantly changing. Each season, I work through the storms, unpredictable events, and things out of my control. At the end of the season I always learned something new. There are even unexpected gifts that nature provides.

In my personal life I am venturing into new depths of healing. As I flounder and fall short of who I want to be as a mom, Delegate, partner, and friend I learn to have patience with myself. Allowing the healing process to unfold is difficult. I sometimes feel stuck in big emotions, I want to feel better in that moment. I can’t fully see the bigger picture and connections, but I can reflect back over my years in Al-Anon and see that I have patiently changed. I am not even aware of all my growth. So I will keep connecting, cultivating, breathing, and waiting for my next steps.

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

Delegate Updates

This month I am busy connecting with my Diversity Thought Force through World Service. The 2021 WSC Highlights are now available on the [Al-Anon website](#). I'm continually updating contact information for Districts and will try to send out the most updated version to DR's, Officers, and Coordinators by the end of the month. I enjoyed our conversations at the Spring Assembly about some of the Conference Agenda items we discussed at Conference and Electronic areas. If you are looking for the presentations on Conflict Resolution and the Using the Concepts for your groups or district please send me an email and I will work on sending you a copy.

Emily K.

Alternate Delegate

Starting with the July 2021 issue of *The Forum*, the Instant Meeting section will expand to include topics of interest, such as, detachment, sponsorship, slogans, living with sobriety, grief, etc. July's topic is "Finding a Higher Power". The Instant Meeting section contains two short readings, submitted by members, followed by a few questions. This section can be used as the focus of a meeting. Additionally, it can be used for internal reflection providing you with a meeting outside of a meeting.

Subscriptions to *The Forum* continue to decline. As of the end of May, there were 3000 less subscriptions than this time last year. If you already have a subscription, consider gifting a sponsee or another Al-Anon member with a new subscription.

July's topic is Patience. Our Newsletter Coordinator practices patience each month with us procrastinators. With me being one of the worst offenders! Thank you Pat for your patience.

Al-Anon taught me patience. In my prior life, I was one crazed human - never leaving enough time to complete a task then raging at all those who got in my way. Of course, I was oblivious of this character defect until one day when I was driving down the road acting like Cruella de Vil. It was an OMG moment. I realized that my action was placing myself, my children, and others in harm.

Today, patience is often my default setting, which allows me to walk through life with grace and

dignity. Being human, I still have those near and full-on Cruella moments but am able to reign myself back in before causing too much harm. And when necessary, to make amends.

Yours in Service,

Kathi D.

To help promote *The Forum*, NYN will be giving you the opportunity to win a subscription with each issue of the *Northern HiLights*. Go to the [WSO website](#) (al-anon.org), locate *The Forum's* page and read at least one of the member sharings from June 2021. Send an email to altdelegate@nynafg.com with the article's title and the author's name. On July 31th, one of the correct entries will be randomly selected. The winner will be sent an email and announced in the next issue of the *Northern HiLights*.

2021 The Forum Subscription Winners

Carla K.

Mary S.

Ogdensburg AFG

Kathi D.

Newsletter Editor

Patience - the ability to wait for a long time without becoming annoyed or upset. The ability to remain calm and not become annoyed when dealing with problems or with difficult people. The ability to give attention to something for a long time without becoming bored or losing interest. These are a few definitions that I found regarding patience.

I have been told that I am a very patient person. I do usually try to not let blips in the road get me too rattled. But, being only human that annoyance and frustration does come out many times, especially when dealing with my beloved alcoholic son. I have to remind myself what he is dealing with in his daily life and try harder to keep my perspective.

In service,

Pat H.



Chairperson

This program has always had an amazing way of meeting me exactly where I am. Today I am needing to practice patience. I want to hurry up and get things “back to normal,” to having our assemblies and conferences as they were. I know, however, that things have changed, and I need to be patient as we work through all the details and adjust to our new circumstances. I am understanding patience to mean being present, without judgment. When I am present without judgment, I can give attention to things as they are, for as long as necessary without becoming bored, annoyed, or losing interest. Thank you for being patient with me as we work through the challenges of planning during all the changing Covid mandates and safety precautions.

At the Spring Assembly we voted to establish 2 thought forces, one to review our assembly format and one to consider how electronic meetings might be incorporated into our geographical service area. I am confirming with everyone who volunteered to serve on those forces and the Finance Committee and meeting times are being scheduled and will be posted on the website.

I registered NYN for the 70th Anniversary Celebration that will be held July 10th 2-4pm. Tickets will be drawn by lottery and will be announced July 7th. If we receive a ticket, we will hold an Area Watch Party via Zoom. Please check the website for more information on or after July 7th.

Many thanks to Pat H for continuing to serve as Newsletter Editor. I need your help nominating a willing candidate for this position.

The AWSC meeting is scheduled for Saturday, August 14th 11-4pm. Please register for the meeting on the Newsflash page of the New York North website. Gratefully growing through service,

Carol C.



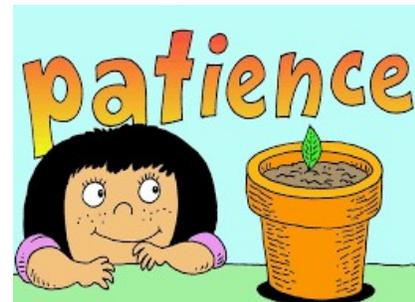
Alateen Coordinator

Patience

One day in June, my Sponsor and I met face-to-face for the first time since March 2020. That morning she taught me about patience when she gave me a cutting from a Swedish Ivy plant that she had won at a NYN Assembly with a beautiful note explaining that I needed to pass part of the plant on to a special friend in the program. As the story goes, it was given to Bill W. and after his passing, Lois gave cuttings to various people. I was honored and full of joy that I was given such a precious gift from a friend whom I cherish. My first thought, after wiping away the tears of happiness that I was feeling because of our reunion, was who was going to be the recipient of a plant cutting from me. Names of friends started running through my mind. When I got home, it took me the rest of the afternoon to decide where to put the plant so it would receive the right amount of sunlight. It was then that I realized that my Sponsor and my Higher Power wanted me to practice patience. First, I needed to take care of the plant and watch it grow and flourish before I could give part of it away. Just like in my recovery, I need to focus on growing and changing myself before I can share my experience with others. I need to be patient with my plant as it adjusts to its new home. I need to be patient with myself as I adjust to using the principles of our fellowship in my everyday life.

With patience and the support from other AMIAS, I have compiled the Alateen Training Modules I, II, III, and IV into a single document and I revised the NYN Alateen guidelines. Alateen Interest meetings (AIM) will continue to be held electronically each month. All registered AMIAS should be receiving an email invite to these meetings. If you would like to join us, I can be contacted at alateen@nynafg.com. Dates and times of our meetings can also be found on the events calendar on the NYN website. All Things Do Resolve with Patience,

Mary S.



Convention Coordinator

The 2021 New York North Virtual Fall Assembly which is being hosted by Districts 10 and 18 will be held on Zoom, September 17, 18, and 19, 2021. The year 2021 is Al-Anon's 70th Anniversary.

The 2021 NYN Fall Assembly AWSC Meeting will be held on Friday, September 17, 2021, from 7:30 pm to 8:30 pm on Zoom. Just prior to the AWSC, from 6:30 pm – 7:30 pm District 10 will be hosting a Virtual Icebreaker event also on Zoom. All members are welcome and encouraged to attend both the Icebreaker and the AWSC meeting.

The Virtual Assembly meeting will be streaming on Zoom Saturday, September 18, 2021 from 9:00 am to 4:00 pm.

On Sunday Morning September 19, 2021, Alateen Coordinator Mary S. will have a Virtual Alateen Interest Meeting (AIM) on Zoom from 9:00 am – 10:00 am. Immediately following that meeting there will be a Virtual Spirituality Panel with AA, Al-Anon and Alateen speakers from 10:00 am – 11:00 am, also on Zoom.

As of right now, no District or Districts have volunteered to host the 2022 NYN Spring Convention and Assembly or the 2022 NYN Fall Assembly. We will also need hosts for the 2023 Spring Convention and Assembly and the 2023 NYN Fall Election Assembly. Would your District, along with other Districts, be willing to volunteer to host one of these conventions?

At the most recent 2021 Fall Assembly Committee meeting there was a discussion on how we as an Area can go forward with holding our Assembly meetings as we start returning to have meetings in person while at the same time while having the ability for members to participate virtually if they wanted to. Based on the proposals that our committee has received from local hotels for the 2022 Fall Assembly and the 2023 Fall Assembly, the meeting room costs and other hotel expenses would be prohibitive at this time due to expected limited in person attendance at our conventions and assembly meetings.

Until such a time as in person attendance at conventions and assemblies return to our pre-COVID levels, the members of the 2021 NYN Fall Assembly Committee in consultation with the NYN Chairperson will be presenting the following motion for discussion at the next New York North Area AWSC Meeting in August, 2021:

"The AWSC recommends that for the foreseeable future, that the New York North Area hold the Area Spring Assembly meeting and the Fall Assembly meeting in a hybrid format (as an in person event as well as in virtual format on Zoom). We recommend that there be a one day event in a central location, such as a church hall in Syracuse, with a virtual Assembly meeting being held for all participants, in person and virtually attending, at the same time."

Motion by Cerise H., District 10,
seconded by Jim M., District 18

The idea would be to then get different districts to volunteer to host the non business programming events such as panels, workshops, and speakers on Zoom for Friday night and Sunday Morning of the Assembly. The in person portion of the event could also include such things as a Hospitality Area, tables for raffle Items, and tables for selling Al-Anon and Alateen Literature.

Our topic this month is "patience". Whenever I hear that word I remember the phrase from our pamphlet, "Purposes and Suggestions" (P-13, \$.75) "Patience and then more patience. Sometimes it is harder to deal with daily petty irritations than it is to deal with big problems." I know this is true for me, especially at times of my life when I might not be taking the best care of myself. This happens at times when I allow myself to get too hungry, too angry, too lonely or too tired (HALT). It seems it is easier for me to be patient with other people, such as the people I deal with at work or even the alcoholics in my life, than it is to be patient with myself. That's when I try to apply our slogan "Easy Does it" and call on my Higher Power for patience and guidance and for the return to the belief that all will be the way it is meant to be,

I am hoping that soon we can return to our in person meetings and conventions and share our fellowship with each other in person.

Love in Al-Anon Service,

Jim M.



E-Meeting Host

The signs of summer are definitely in the air, and that includes a welcome relief from COVID-19 restrictions thanks to vaccinations in New York State. I hope everyone is staying positive and testing negative, because I am in dire need of more face to face meetings in Al-Anon. My district is just starting to reopen some of their gatherings; unfortunately, the cost of the past year of restrictions has resulted in some of our meetings closing their doors for good. I am hopeful that things will change in the near future.

This month's topic is Patience. That concept could not be more appropriate or timely due to this year's concerns about the pandemic and the return to some state of normalcy. Prior to my entering the doors of Al-Anon, patience was always something I found to be lacking in my recovery. I wanted results yesterday, and the longer I waited, it looked like serenity was always going to be an elusive dream that I would never realize in my lifetime.

In the eleven years I have spent in various rooms in the program, I came to the realization that good things come to those who wait. I have found that I can be patient, but I must let things play out in my Higher Power's time and purpose. I can now see the results of my labors, now that I can concede that patience takes time.

I hope to see everyone sometime soon, and I will continue to strive for an attitude of gratitude and an appreciation for the program that saved my life.

Forever yours,
Mike R.



Al-Anon Healing Hearts
Beginners Meeting -
NEW!
Saturdays starting July
17th
Zoom meeting
11:30 am- 12:30 pm
Meeting ID
871 642 2878 pc 12
Questions? Call
AIS Rochester
585-288-0540

***AWSC Meeting
Saturday,
August 14, 2021
11am - 4 pm
Please register
on the
Newsflash Page
of the
NYN Website***

SAVE THE DATE!!!

2021 NEW YORK NORTH AREA FALL ASSEMBLY

September 17, 18, and 19, 2021

"70 Years of Hope and Help 1951-2021"

Brought to you on Zoom!!!

HOSTED BY DISTRICTS 10 & 18



THURSDAY, SEPTEMBER 16, 2021

7:00 pm New GR meeting and Zoom Training Session

FRIDAY, SEPTEMBER 17, 2021

6:30 pm - 7:15 pm Virtual Icebreaker Hosted by District 10

7:30 pm - 8:30 pm VIRTUAL A.W.S.C. Meeting (Carol C. NYN Chairperson)

SATURDAY, SEPTEMBER 18, 2021

8:00 am - 9:00 am VIRTUAL NEW G.R. MEETING (Molly C. Immediate Past Delegate)

9:00 am - 12:00 pm VIRTUAL ASSEMBLY MORNING SESSION (Carol C.)

12:00 pm - 1:00 pm LUNCH BREAK

1:00 pm - 4:00 pm VIRTUAL ASSEMBLY AFTERNOON SESSION (Carol C.)

SUNDAY, SEPTEMBER 19, 2021

9:00 am - 10:00 am VIRTUAL ALATEEN INTEREST MEETING (A.I.M) (Mary S.)

10:00 am - 11:00 am VIRTUAL SPIRITUAL PANEL (A.A., Al-Anon, and Alateen speakers)

All members are welcome to register online for these Zoom meetings at www.nynafg.com and are encouraged to attend all our special events!!

SERENITY ON SATURDAY
21ST ANNIVERSARY

Back to Basics: Connecting with Higher Power

Sat, July 31, 2021

at Ellison Park (Old Meadow Shelter)

11:00 am: Arrival, socializing

Noon–1 pm: Speakers (AA/AI-Anon)

1:30–4:00 pm: Lunch and socializing

FOOD PROVIDED:

Hamburgers, hot dogs, veggie burgers, buns, condiments, paper plates/plasticware, as well as the grill and a designated “chef”. There will also be water available, though it would be helpful to bring your own filled water bottle as well. **BRING:** Your own side dishes, ice/ice packs, snacks, desserts, and other beverages. This is not a pot luck - it's BYOF other than the grilled items and items listed above. Camping chairs and lawn games (that could be shared) as there is a large field next to the shelter. There are 17 picnic tables at the site. Masks will be optional, and there is no vaccination requirement.

RAFFLE

In addition to a normal basket collection (7th Tradition), we will be selling raffle tickets during the course of the event - the prizes will be a variety of gift cards that have been donated, and all proceeds will go to support AIS.

PARKING

While there will be a place to unload heavier supplies right beside the road near the shelter (and a few greeters and “runners” to help carry supplies to the shelter), there will not be parking right next to the shelter. Rather, attendees will need to park in the paved lot on the back side of the shelter; from there, there is a short (50 yard) walk to the shelter.

FACILITIES

Bathrooms are a 3-4 minute walk from the shelter. If someone needs to be dropped off at the shelter due to mobility issues, the greeters can help arrange that when you arrive.

WEATHER

In the event of inclement weather, there is a chance the event will need to be cancelled. Most likely, if there is just intermittent rain fore-casted, we will still hold the anniversary, but if persistent rain or thunder/lightning are forecasted that would likely result in a cancellation. Use the email at the bottom of the flyer for last-minute confirmations.

. For more information, or if you'd like to help with the anniversary celebration, please email one of the following people:

Chuck A., chuckabell@hotmail.com

Kathy S., 44skyblue44@gmail.com

Robin, rbourquesuwijn@yahoo.com

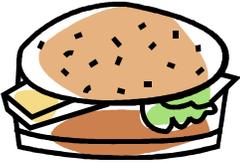


FELLOWSHIP!
ALL ARE WELCOME!

DISTRICT 18 ANNUAL PICNIC!

Join us on Sunday, August 8, 2021

\$3 person/\$5 family Suggested Donation appreciated
No one will be turned away for lack of a donation.



3:00 PM – Dark
At Cedar Bay Park, Dewitt, NY

Coffee, Water, Burgers and Hotdogs Provided

Bring a Dish to Pass

Raffles

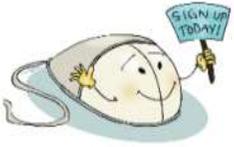
and Fellowship found here!

Open Al-Anon Meeting

Spirituality Panel

We'll See You there!





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 # _____

Mail Subscription donations to:

NYN AREA ASSEMBLY, PO BOX 64176, ROCHESTER, NY 14624

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.

**Submissions for
September**

Northern Hi Lights

Due by: August 15

Topic: **Meditation**

**SENDING DONATIONS TO
NYN**

*Please send by check or money order.
DO NOT SEND CASH!!*

Make payable to: NYN Area Assembly

PO Box 64176, Rochester, NY 14624

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

*Northern Hi Lights
135 Berry Road
Fredonia, NY 14063*